



## Beyond Type 1



Mila is a tireless advocate for more and better diabetes education for the Hispanic community. Her youngest son, Jaime, was diagnosed with type 1 diabetes at the age of three. Mila is the Director of Programs at Beyond Type 1.

Their online communities, TuDiabetes & EsTuDiabetes, provide a safe space for people seeking support and answers, ensuring that no one impacted by diabetes ever feels alone.

[www.beyondtype1.org](http://www.beyondtype1.org)

AADE17



<http://askmany.diabetesblogs.com/2015/10/of-time-spent-by-people-with-diabetes-with-a-medical-professional-in-a-year/>

AADE17

### WHERE DO I FIND THE DOC?

**COMMUNITY FORUMS**

- BEYOND TYPE 1 / GLOBAL COMMUNITY / BEYONDTYPE1.ORG
- CHILDREN WITH DIABETES / FOR PARENTS / CHILDRENWITHDIABETES.COM
- COLLEGE DIABETES NETWORK / COLLEGE STUDENTS WITH T1 / COLLEGEDIABETESNETWORK.ORG
- DIABETES DAILY / DIABETESDAILY.COM
- DIABETES SISTERS / WOMEN WITH DIABETES / DIABETESISTERS.ORG
- ESTUDIABETES / SPANISH LANGUAGE COMMUNITY / ESTUDIABETES.ORG
- GLU / ACCESS THROUGH T1D EXCHANGE / MYGLU.ORG
- STUDENTS WITH DIABETES / ADULTS W/DIABETES 18-30 / STUDENTSWITHDIABETES.COM
- TUDIABETES / ALL TYPES OF DIABETES / TUDIABETES.ORG

**PERSONAL BLOGS**

Learning from your peers is always a great way to enrich your diabetes knowledge. There's a wide group of diabetes bloggers that through their blogs share their experiences, it's easy just search Diabetes Bloggers and be ready to learn, find support and feel less isolated.

AADE17

### DIABETES ADVOCACY

**TWITTER**

You can follow #DIABETES related hashtags: #DOC, #BGNOW, #LIVEBEYOND, #INSULIN4ALL, #DSMA

**WEEKLY TWITTER CHATS:**

- Diabetes Social Media Advocacy Wednesdays 9 PM EST [#DSMA](https://twitter.com/DiabetesSocMed)
- Diabetic Connect - Thursdays 9 PM EST [#DCDE](https://twitter.com/DiabeticConnect)

**FACEBOOK**

There is a broad variety of groups and pages that offer conversations for specific audiences or topics like groups for parents, significant others, caregivers, about devices, therapies and by geographic location.

**U.S. BASED NON PROFIT DIABETES ORGANIZATIONS**

- AADE / AMERICAN ASSOCIATION OF DIABETES EDUCATORS / DIABETES.ORG
- ADA / AMERICAN DIABETES ASSOCIATION / DIABETES.ORG
- FIND AN ACCREDITED DIABETES EDUCATION PROGRAM IN YOUR AREA / DIABETES.ORG/PROFESSIONALRESOURCES/ACCRED/PROGRAMS.HTML
- BEYOND TYPE 1 / BEYONDTYPE1.ORG
- FIND A RECOGNIZED DIABETES EDUCATION PROGRAM IN YOUR AREA / PROFESSIONAL.DIABETES.ORG

AADE17

### Learn, Connect, Engage

**Why Should I Connect With The DOC?**

**Where Do I Find The DOC?**

<https://diabetesandsfoundation.org/doccolor/>

AADE17

## Resources

T1	T2	E-magazines
<a href="http://www.sixuntilme.com">www.sixuntilme.com</a>	<a href="http://www.kates-sweet-success.blogspot.com">www.kates-sweet-success.blogspot.com</a>	<a href="http://www.diaTribe.org">www.diaTribe.org</a>
<a href="http://www.scottsdabetes.com">www.scottsdabetes.com</a>	<a href="http://www.thetype2experience.com">www.thetype2experience.com</a>	<a href="http://www.ASweetLife.org">www.ASweetLife.org</a>
<a href="http://www.thisscaleb.com">www.thisscaleb.com</a>	<a href="http://www.tudiabetes.org">www.tudiabetes.org</a>	<a href="http://www.healthline.com/DiabetesMine">www.healthline.com/DiabetesMine</a>

#DSMA #DCDE #HCSM

AADE17

**Take Home Message**

Diabetes can be an isolating disease. The DOC is an asset for people (and their caregivers) living with diabetes.

It allows for as much involvement as necessary (lurker versus heavily involved).

The DOC allows PWD to become empowered to learn more about the disease and find useful solutions for better care and management.

AADE17

Thank you

**QUESTIONS?**

AADE17