

Learn, Connect, Engage

How can I connect with peers and peer support communities online or face-to-face? With a simple internet search, you can find this invaluable source of knowledge and support. Feel free to lurk, tip-toe in, or fully engage. Your peers with or affected by diabetes will welcome you with embracing arms.

Diabetes Peer Support Communities



People with and the people in their lives affected by or at risk for diabetes can benefit in many ways by engaging with each other. Over the last decade a number of peer support communities have developed and evolved. They've also been referred to as the diabetes online communities (DOC). Collectively, these communities are a global conglomerate of people with diabetes, caregivers, diabetes healthcare providers, foundations, organizations,

and associations who, within the diabetes world, are engaging online using social media and networks or in venues face-to-face. The goal of these communities is to offer support, share knowledge, and provide practical advice to improve the lives and health of people with diabetes. Think of these communities and the engaged members as a home for everyone and anyone touched by diabetes. There are no borders. The intention is to unite a global community.

Why Should I Connect With Peer Support Communities?

- Get and give support
- Offer practical insights about dealing with diabetes
- Share challenges and stresses
- Minimize the isolation of living with and caring for diabetes
- Stay abreast of diabetes research, technologies, treatments, and more
- Find someone going through the same stage of life with diabetes (college, complications, pregnancy, retirement)
- Advocate for diabetes causes and concerns

How to Gain Peer Support Online



As you engage online with peers and/or in peer support communities you'll discover that there are diabetes blogs and sites for everyone. Find your space, find your voice and share your experiences.

Personal Blogs

Learning from your peers is always a great way to enrich your diabetes knowledge. There's a wide group

of diabetes bloggers around the world that share their experiences. It's easy, just search Diabetes Bloggers and be ready to learn, find support and feel less isolated. As you explore, realize that there are many different perspectives on diabetes management, and what works for someone else might not be best for you. Always check with your diabetes educator or healthcare professional before taking any advice.

Twitter

Engage with your peers and the communities on twitter with these hashtags: #DIABETES #DOC #DSMA #peersupport #T1D #type1diabetes #T2D #type2diabetes #Livebeyond #wearenotwaiting #nightscout

Weekly Twitter Chats

Diabetes Social Media Advocacy Wednesdays 9 PM EST twitter.com/DiabetesSocMed - #DSMA

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. You can connect with these groups by searching "diabetes" within Facebook.

U.S. Based Nonprofit Diabetes Organizations

AADE / American Association of Diabetes Educators

diabeteseducator.org

ADA / American Diabetes Association

diabetes.org

Diatribе Foundation

diatribe.org/foundation

JDRF

jdrf.org

U.S. Government Diabetes Resources

CDC / Centers for Disease Control and Prevention

cdc.gov/diabetes

NDEP / National Diabetes Education Program

ndep.nih.gov

NIDDK/ National Institute of Diabetes and Digestive and Kidney Diseases

nidk.nih.gov

Find diabetes educators and AADE accredited or ADA recognized diabetes self-management education and support services in your area:

diabeteseducator.org/find

Diabetes Advocacy



People with, affected by diabetes and numerous nonprofit organizations have individually and collectively been able to amplify the voice of the diabetes community to support diabetes causes, research, treatment options, state and federal government actions, and more. Many of the organizations listed here offer opportunities to participate in advocacy efforts at every level of engagement — regulatory, educational, and legislative. We need everyone's involvement, what will you advocate for?

Advocacy Organizations*

DPAC / Diabetes Patient Advocacy Coalition

diabetespac.org

NDVLC / National Diabetes Volunteer Leadership Council

ndvlc.org

**Most U.S. based nonprofit organizations also do advocacy work.*

This resource, available in both web-based and PDF versions, was developed by a group of people with diabetes and diabetes educators. It's hosted on the AADE website at diabeteseducator.org/peersupport. If you or your organization are interested in making this resource available on your site, please email communications@aadenet.org. The authors encourage you to share this resource widely and freely to people with diabetes, caregivers, diabetes healthcare providers and educators and others who touch people with diabetes. This resource is not intended to be an exhaustive list of resources. If you are aware of resources that you believe should be included in a future update, please email communications@aadenet.org for consideration. As people with diabetes engage with peers and peer support communities keep in mind that online support and information doesn't replace advice and counsel from your diabetes healthcare provider.