

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 or at risk for diabetes and the people in their lives affected by this condition can benefit in many ways by engaging with each other. Over the last decade or so, many peer support communities have developed and evolved. You may hear the online communities referred to as the DOC – diabetes online communities. 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 and affected by diabetes. Think of these communities and the engaged members as a home for everyone and anyone touched by diabetes. There are no borders. The overarching 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 as you are (college, complications, pregnancy, retirement).
- Advocate for diabetes causes and concerns.



GLOBAL FORUMS & PEER SUPPORT COMMUNITIES

Beyond Type 1

beyondtype1.org

Beyond Type 1 en español

es.beyondtype1.org

Beyond Type 2

beyondtype2.org

Beyond Type 2 en español

es.beyondtype2.org

Children With Diabetes

childrenwithdiabetes.com

College Diabetes Network

collegediabetesnetwork.org

Diabetes Daily

diabetesdaily.com

DiabetesMine at Healthline

healthline.com/diabetesmine

DiabetesSisters

diabetessisters.org

Diabetes What to Know

diabeteswhattoknow.com

We are Diabetes

(Diabulimia)

wearediabetes.org

Diabulimia Helpline

diabulimiahelpline.org

diaTribe

diatribe.org

Intercultural Diabetes

Online Community

Research Council

iDOCrcouncil.com

T1DExchange

T1DExchange.org and

T1DRegistry.org

The Type 2 Experience

Facebook: TheType2Experience

Tudiabetes

tudiabetes.org

Taking Control of Your

Diabetes (TCOYD)

TCOYD.org

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How to Seek and Find 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.

Diabetes Blogs and Bloggers

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 blogs or 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 care and education specialist (formerly known as diabetes educator) or healthcare provider before taking any advice or making changes to your diabetes management plan.

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.

Instagram

Connecting with diabetes groups and individuals with diabetes is available on Instagram. You can start your search using #DIABETES.

Reddit

Reddit is a news and discussion site that has an active diabetes community. You can join the community by searching r/diabetes.

Twitter

Engage with your peers and the communities on twitter with these hashtags:

#DIABETES #DOC #DSMA

#peersupport #T1D

#type1diabetes #T2D

#type2diabetes #Livebeyond

#wearenotwaiting #nightscout

Learn, Connect, Engage

U.S. Based Nonprofit Diabetes Organizations

ADCES / Association of Diabetes Care & Education Specialists

diabeteseducator.org

ADA / American Diabetes Association

diabetes.org

Diabetes Leadership Council (DCL)

diabetesleadership.org

Diabetes Patient Advocacy Coalition (DPAC)

diabetespac.org

DiatrIBE Foundation

diatribe.org/foundation

JDRF

jdrf.org

Diabetes Grassroots Advocacy

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

Organizations with Grassroots Advocacy Platforms

ADCES

ADA

Beyond Type 1

diaTribe

DPAC

JDRF

U.S. Government Diabetes Resources

CDC / Centers for Disease Control and Prevention

cdc.gov/diabetes

NIDDK/ National Institute of Diabetes and Digestive and Kidney Diseases

nidDK.nih.gov

Find out how a diabetes care and education specialist can support your diabetes management at diabeteseducator.org/DCEShelp

This resource, available in both web-based and PDF versions, was developed by a group of people with diabetes and diabetes care and education specialist. It's hosted on the ADCES website at diabeteseducator.org/peersupport. If you or your organization are interested in making this resource available on your site, please email communications@adces.org. The authors encourage you to share this resource widely and freely to people with diabetes, caregivers, diabetes healthcare providers and specialists 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@adces.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.