

# Navigating College with Diabetes



# College Letter

- To explain why accommodations are needed
- Requested from your healthcare provider
- Letter layout:
  - Diagnosis
  - Date of diagnosis
  - Symptoms
  - Written medical plan
    - Injection/pump
    - Insulin needs
    - Carb counting
    - Blood sugar monitoring
    - List of accommodations

# Office of Disability Services

- Admissions can help guide you to the Office of Disability Services
- Set up appointment as soon as possible
- Take your college letter to your first meeting
- Disability services will give a letter for you to give to instructors
  - Keep a copy for your own records

\*Remember: self advocacy is important and be open to verbally stating the accommodations you need

**The University of Alabama** – Office of Disability Services  
**UAB** – Disability Support Services  
**Auburn University** – Office of Accessibility

# Self Advocacy

Independence brings more responsibility

More responsibility brings more opportunities for self advocacy

## Ways to self advocate:

- Speak up about your needs to instructors
- Speak up when things don't seem right
  - Speak with your instructors or disability office
- Advocate for taking breaks when needed and taking your medications
- Do not be afraid to ask for help

# Resources

## The Diabetes Link

- Resource website for preparing for college

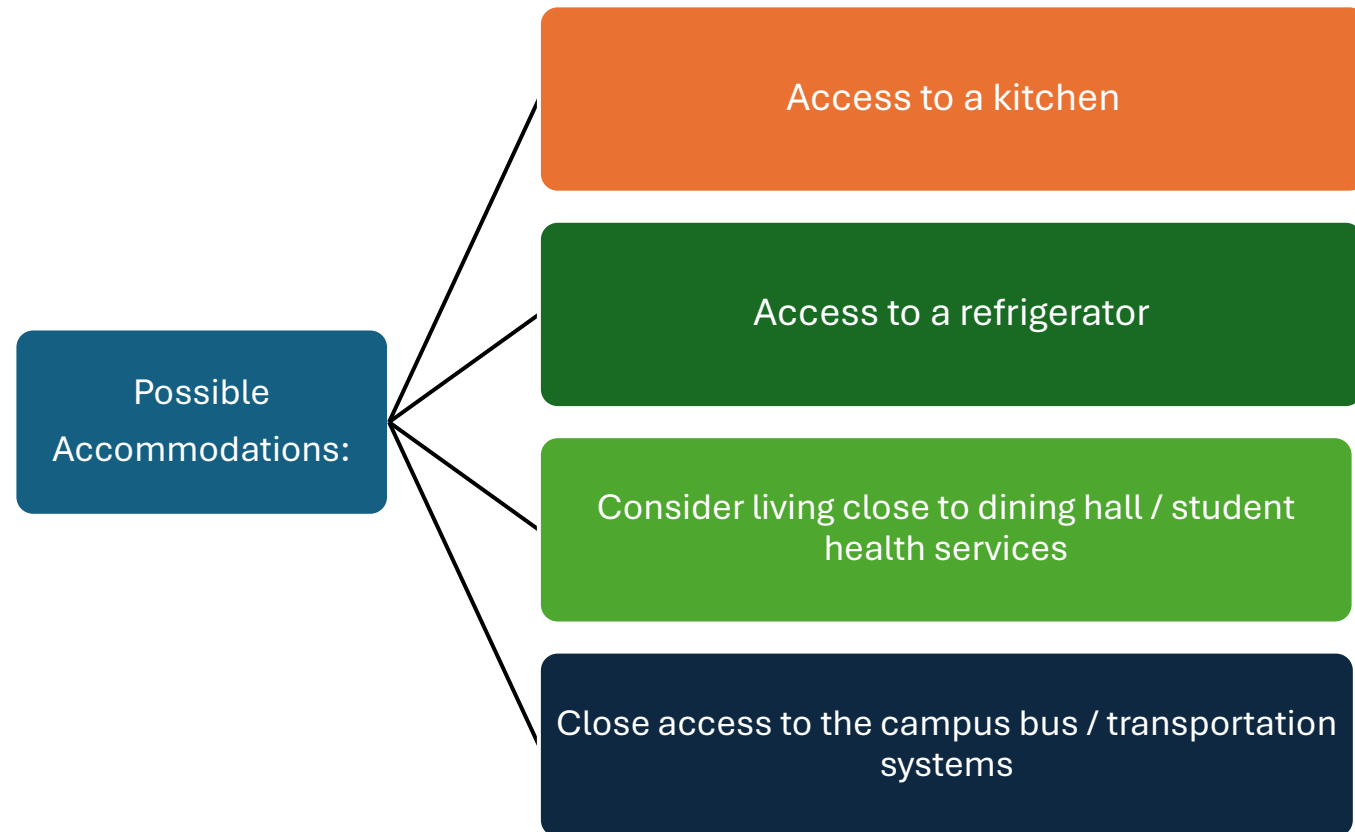
<https://resourcehub.thediabeteslink.org/l/resource-hub?topic=off-to-college>

## Student Health Services

- Medical ID
- Updated prescriptions
- Meet with someone so everyone is on the same page

# Housing

May differ depending on which college you attend



# Meal Plans

Know what meal  
plans are  
available

Review  
nutritional  
information

Important to stay  
on top of your  
medical routine