Breakthrough T1D®
Formerly JDRF

FOR STUDENTS

Going to College with T1D

College is an exciting adventure filled with new friendships, opportunities, and experiences! When you live with type 1 diabetes (T1D), a little planning before move-in day can help you feel confident and prepared.

Before You Go to College

- Pack enough T1D supplies (CGM, insulin, pump sites, test strips, etc.) to last you a full semester and then some.
- Bring plenty of low treatments and healthy grab-and-go snacks.
- Identify a local pharmacy and/or arrange for mail-order prescriptions.
- Create a sick day kit that includes ketone monitor or test strips, glucagon, a prescription for treating nausea/vomiting, cold medicine, saltines, Gatorade (regular and sugar-free), etc.
- Contact the Office of Disability Services. They will be your best resource for ensuring you have the accommodations you need for a successful college career.

When You Get to College

- Keep low blood sugar supplies close to your bed.
- Keep your T1D supplies organized so they are easy to get to and you're able to find what you need quickly.
- Let the people around you know you have T1D. This includes roommates, RAs, and professors
- Always carry low blood sugar supplies with you at all times.

Stay Safe While Having Fun

College is about more than classes and studying, it's also a time to make new friends and enjoy new experiences.

Education and preparation can help you feel more confident as you navigate life on campus.

- Eating before leaving your dorm.
- Find a trusted friend or roommate to share your blood sugar levels with, especially if drinking alcohol.
- Stay hydrated and eat food if drinking alcohol.

Learn more about the impact alcohol has on blood sugar.

College Accommodations for T1D

Common accommodations for college students with T1D include having extra time to take tests and flexibility with tardiness and absences. Proactive communication and self-advocacy are important.

VIEW our step-by-step guide to college accommodations.

FOR MORE HELPFUL TIPS
visit our Young Adults Guide to Transitioning to Independence

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FOR PARENTS

Going to College with T1D

Heading off to college can be both exciting and scary. Having type 1 diabetes (T1D) adds another level of concern for both students and parents. Breakthrough T1D is here to provide support as your child transitions to independence.

Accommodations for Students with T1D

Common accommodations for college students with T1D include having extra time to take tests and flexibility with tardiness and absences. Proactive communication and self-advocacy are important.

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Create a Long-Distance Monitoring Plan

Going to college is a big step toward independence, but staying connected can still provide peace of mind. Continuous glucose monitors (CGMs) allow parents to monitor glucose levels in real time, but the key is agreeing on when and how to step in. Having an open conversation about alert settings, communication preferences, and what situations warrant a text or phone call will empower your child to manage their T1D independently while ensuring your support is there when needed.

Breakthrough T1D Community Forum

Our online forum connects you with other parents sending a child to college, as well as those who have already been through it. Find support, guidance, and reassurance every step of the way.

VISIT Breakthrough T1D Community Forum

Preparing for Emergencies

As your child adjusts to living independently with T1D, there are likely to be some bumps in the road. Being prepared for emergencies can give you peace of mind.

- Set up Medical Power of Attorney and a HIPAA Right of Access Document so you can stay informed and make health care decisions if necessary.
- Ensure your child has an easily accessible folder with your contact information, information on high and low blood sugar, and information on how to use glucagon, and that the RA and/or roommate is aware of its location and contents.
- Have glucagon in a visible and easily accessible location.
- Talk to the school's Disability Office to understand how medical emergencies are handled.