



Checklist: Type 1 Diabetic Teens & Driving

Before the start of T1D Driving lessons

Step 1: Start early - age 14

- Review your [State Driving Laws](#)**
 - Do you need a Doctor's note?
 - Do you need Medical clearance?
- Discuss the application form with Teen**
 - Print the [application form](#) for review
 - Be prepared to answer all questions truthfully
 - Vision loss, loss of consciousness, hospitalizations
- Diabetes Management Matters**
 - Application at age 15 but management matters at age 14
 - History of diabetic hospitalizations
 - Doctor permission may be required

Step 2: Involve Teen in preparation

- Teen Discussion Topics**
 - State driving laws apply NOT disability laws
 - Driving laws designed to protect public
 - Diabetes self-management is imperative
 - Age 14 - the year before student application
 - Age 15 - Student Driver Application
 - Student Driving
 - Responsibility issues
 - Driving friends – responsibility for other's lives
 - Medical review process for revoked license
 - Prepare T1D teen for process if abused
 - State laws vs. Parent Laws
 - Hypoglycemic episodes: Just ONE Matters!

T1TG Tool: "T1D Teens & Driving" available @ www.Type1ToGo.com

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Step 3: Create a Driving Plan with Teen

Test "To Go"

- Agree on a safe **BG driving range** in advance
 - Emphasize expectations of BG responsibility
 - Place expectation of parental review of BG readings
 - Discuss consequences of non-compliance
 - Loss of driving privileges
 - Remind T1D driver
 - Treating BG's is #1 priority ALWAYS
 - Driving is a privilege not a right
 - "It's ok to arrive late but safe!"

Establish a plan for diabetic episodes while driving

- Stop! Treat! Communicate!**
- Notify your pre-arranged contact person
 - Communicate via text, call or App
 - Identify location (See all Apps)
 - Ask for help if needed
- Be prepared for diabetic episodes
 - Non-melting fast acting carbs within reach
 - Juices, skittles, glucose tabs, water

Step 4: Prepare for "In Case of Emergency" Tools

Cell Phone

Download Phone Apps

- Apps with safety network and alert button
 - Bsafe – Safety Network with Alert Button
 - ICE by Clusor
 - Alert by HelpAround

Update Emergency Contact feature in phone

- Feature should be available while phone locked

- Utilize Family Locator features and services

Order Medical Alert Identification

- Bracelets – wear on the left wrist
- ID's with emergency contact information
 - Smart ID's with online information for emergency personnel
- Seatbelt Medical Alert straps
- Medical Alert Stickers for car

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Always consult your doctor for medical advice.