



T1ToGo Tool: Diabetes CPR (Dr. Barbara Anderson) **Blog Post: Psychological Side of T1D**

C for Communicate

- What is going well?
- What is going right?
- Put a positive spin on the situation.

P for Problem Solve

- What are the barriers?
- Which of these barriers can be modified?
 - Determine what is in your control.
 - Determine what is NOT in your control.
- The Family Team creates a solution together.

R for Realistic Diabetes Goals

- Recognize not all BG readings are explained or controlled.
- Parents are not 100% responsible for things out of their control.
- "Perfect" is not achievable.
- Reward the behavior not the BG number.
- Sustained effort in management is the goal!

Diabetes CPR is a method described by **Dr. Barbara Anderson** of Texas Children's Hospital/Baylor College of Medicine.

You can read more about her in the blog post: **Psychological Side of T1D**.

Psychological Support is part of the **2017 Diabetes Standard of Care**.
Utilize your medical team to obtain professional support.



T1TG Tool: "Diabetes CPR" available @ www.Type1ToGo.com

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