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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Always consult your doctor for medical advice.
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 Locater 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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