

Diabetes “Simulator”

This is a great piece to include with your fundraising letters. Customize it to reflect the schedule of the person with type 1 in your family. Many people think they know what it’s like to live with the daily demands of diabetes—now, they will!

Your 24-Hour Schedule with Type 1 Diabetes

How It Works: For the next 24 hours, you have type 1 diabetes. Find and wear an ordinary rubber band on your wrist. Follow the schedule below and make sure that every time it indicates “blood glucose check” or “insulin administered,” you give yourself a good snap with the rubber band! You will learn a lot about what it is like to have type 1 diabetes, but there is one important difference: At the end of the 24 hours, you can take off the bracelet and go on with your life. We hope that you will continue to wear it for the many people with type 1 diabetes, young and old, who cannot “take their diabetes off.”

Time	Action
7:00 AM	Blood glucose check (reading: 269) Eat breakfast (calculate carbohydrate grams) Insulin administered (amount determined by # of carbs and anticipated activity)
9:30 AM	Blood glucose check (reading: 60) Have juice to bring blood glucose up.
11:51 AM	Blood glucose check (reading: 106) Eat lunch (calculate carbohydrates) Insulin administered (amount determined by # of carbs and anticipated activity)
3:05 PM	Blood glucose check (reading: 167)
6:10 PM	Blood glucose check (reading: 109)
6:45 PM	Insulin administered (amount determined by # of carbs consumed) Eat dinner (calculate carbohydrates)
7:45 PM	Blood glucose check Insulin administered (amount determined by # of carbs consumed) Eat dinner (calculate carbohydrates)
9:00 PM	Blood glucose check (reading: 56) Have juice to bring blood glucose up. Have snack whether hungry or not. Check blood glucose again in 15 minutes.
9:15 PM	Blood glucose check (reading: 70) Coming up, but not high enough yet. Check again in 15 minutes.
9:30 PM	Blood glucose check (reading: 85)

12:03 AM

Blood glucose check (reading: 306)
Insulin administered to reduce high blood glucose.

3:00 AM

Blood glucose check (reading: 260)
Insulin administered to reduce high blood glucose.