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## Type 1 Diabetes: Age-related Responsibilities

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### 6 Years or Under

- Must have parents/caregivers do all care
- Accept diabetes care as part of normal life
- Gradually learn to cooperate for blood sugar tests and insulin shots
- Parents/caregivers may give shots after the child eats, especially if an “unreliable” eater

### 6-8 Years

- Gradually learn to cooperate for blood sugar tests and insulin shots
- Gradually learn to recognize hypoglycemia (low blood sugar)
- Adult does all insulin pump management

### 8-12 Years

- Can draw and give shots on occasion, but supervision is needed
- Can make food choices and learn to count carbohydrates
- Do not appreciate that good sugar control now helps prevent problems later
- Can recognize and treat hypoglycemia
- By 11 or 12, can be responsible for snacks (if needed), but may need alarm watch or adult reminders
- Can do own insulin pump boluses, but may need adult reminders

### 12-18 Years

- Can do most shots, insulin pump management and blood sugar tests, but still need adult involvement and review to make decisions about dosage changes
- Know which foods to eat and can count carbohydrates
- Gradually recognize the importance of good sugar control to prevent later complications
- May be willing to inject multiple shots a day

Remember: Children with good blood sugar control get help and support from their family to treat diabetes.