From starting school to planning a pregnancy, JDRF offers a number of downloadable toolkits to help you live your best life with T1D

School Advisory
Collaborative methods for educators and parents to ensure that every child enjoys the best possible school experience.

Teens
Navigating the teenage years with T1D can be difficult. This guide can help parents and teens make the journey a little smoother.

Newly Diagnosed Adult
A diagnosis of T1D as an adult affects your entire life and this guide offers practical information to adjust to your new normal.

Adult T1D
No matter how long you’ve lived with T1D, you can benefit from the up-to-date advice on a wide range of topics in this guide.

Pregnancy
For parents-to-be, this guide outlines disease management goals for pregnancy and how best to work with your medical team.

Get your toolkit today at jdrf.org/toolkits