Counterbalance
For parents of children with diabetes

Happy spring! We’re excited to present you with this special issue of Counterbalance, full of carefully vetted resources for parents of kids with type 1 diabetes. This list has been curated by Debby Coulthard, RN, DCES.

As part of the PacificSource Health Management team, Debby coaches members with chronic conditions and manages the Juvenile Diabetes Program. After teaching at a university and a community college, Debby decided to study nursing. She is passionate about her chosen profession as an RN and Diabetes Care and Education Specialist.

We hope you find these resources supportive, educational, and engaging!

Support Is a Beautiful Thing

Devices & Technology
As we know, technology is quickly evolving in the world of diabetes! How to stay informed without being overwhelmed? Here are two helpful and trustworthy resources:

Diabetes Forecast
DiabetesForecast.org

*Diabetes Forecast* magazine publishes a “Consumer Guide” annually in its spring issue. Here you can find comprehensive, straightforward, clear, well-organized comparison guides for hundreds of tools. Get the latest info on CGMs, glucose products, infusion sets, injection aids, insulin pens, medications, meters, and pumps. All guides are downloadable and printable—an invaluable resource!

DiabetesWise
DiabetesWise.org

DiabetesWise, *built for and by people living with diabetes*, is an initiative from Stanford University School of Medicine and people living with diabetes. It is supported by The Leona M. and Harry B. Helmsley Charitable Trust.

Their goal is to help you find the right diabetes devices for your lifestyle. Here you can also compare products; it’s been described as a sort of “Consumer Reports” for pumps and CGMs. The passion behind the website is palpable when you read the “about us” section. These folks all live with diabetes and know intimately of what they have created.
Most of us agree that diabetes is just as much a mental condition as a physical one. How can you stay positive and motivated in the face of the daily challenges diabetes presents? Here are three wonderful resources:

**Diabetes Connections with Stacey Simms**  
*Available through several podcast apps and at Diabetes-connections.com*

This weekly podcast never fails to educate, enlighten, motivate, inspire, and bring a smile. Stacey, a diabetes mom, is a fierce advocate with a warm, funny, and down-to-earth manner. She interviews prominent advocates, authors, and speakers. Stacey asks hard questions of healthcare companies and tech developers and brings on “everyday” people living with type 1. There’s a regular feature with Moira McCarthy, another diabetes mom, called “Ask the D-Moms.”

This podcast covers quite a wide variety of topics and people. Her main goal is to connect, often through humor, and she not only offers but also asks for support.

Stacey is also a frequent and popular presenter at diabetes conferences, as well as an author. In her first book, “The World’s Worst Diabetes Mom,” she shares real-life stories of the mistakes and mishaps she has made in the years since her son Benny was diagnosed just before he turned two. He is now in high school and is thriving.

As it says on the back of her book, her parenting philosophy is “not perfect, but safe and happy.” Reading her book brings both tears and laughter! There is so much fear out there for parents regarding diabetes; Stacey’s podcast and book are realistic antidotes.

**Dads and Diabetes, or DaD for short**  
*Available through several podcast apps*

Two dads, Mark Turner and Alan Nolte, met after their adolescent girls, both living with T1D, met at diabetes camp. These guys launched their podcast in November 2018, after realizing that not just moms, but dads parenting children with diabetes need support too. They have put out 20+ episodes, which are released about every two weeks.

The podcast is described as “Two dads of T1D daughters, on a podcast, trying to figure it all out.” A highly enjoyable, entertaining, and heartwarming listen as they do just that!

**The Juicebox Podcast**  
*Hosted by diabetes dad Scott Benner*  
*Available through several podcast apps and at ArdensDay.com*

Besides his podcast, Scott has written a blog called “Arden’s Day,” and in his words, “I love being a part of the diabetes online community! There is no greater support for people living with diabetes than that of friendship and community.” He is known for and teaches about his “being bold with insulin” approach to diabetes, which has kept his daughter’s T1D very well-managed without food restrictions.

Many folks, once they find Scott’s podcast, become ardent listeners and very much appreciate his approach. In addition to interviewing a wide variety of guests, Scott has a mini-series called “Pro-Tips,” which he cohosts with diabetes educator Jenny Smith. Jenny lives with T1D, and is a registered, licensed dietitian and DCES who works at Integrated Diabetes Services in Pennsylvania. Scott, like Stacey, is a frequent and well-received speaker at diabetes conferences.
Encouraging Words

An excerpt from “Talking with Diabetes Mom ‘Rockstars’ on Mother’s Day,” an interview with Stacey Simms and Moira McCarthy, published on Healthline (TinyURL.com/uza7p7d).

**Moira:**

“It’s going to be okay. It’s never going to be the same, but you’re going to thrive.” I usually first list off ALL the things my daughter has done in life since being diagnosed 22 years ago at the age of 6, and then encourage them to know in their heart that their loved one will do all the things they want to in life as well. It helps! And my biggest first two things are: 1) Be careful of the Internet—take it slow first, and 2) Any time your child or you want to do something, ask yourself what your answer would be without diabetes in the picture? Make that your answer. Because there is always a way.

**Stacey:**

Diabetes stinks, but your child and your family are going to be okay. Your child is going to grow up happy and healthy and having fun. Find your local D-community through JDRF or another group that has in-person meet-ups or events. I feel like I live online some days, but there is no substitute for in-person support. The podcast name “Diabetes Connections” comes from a presentation I did years ago (and still do) about how to make those real life connections. It takes effort, but it’s worth it.”
College Diabetes Network (CDN)

Christina Roth is the CEO and Founder of CDN. She was diagnosed with T1D at age 14, and while in college started CDN as a campus group in 2009 because of the isolation she felt living with T1D.

This organization filled a need and quickly grew. Today there are 224 chapters across the country and a membership of 3500+.

CollegeDiabetesNetwork.org

The CDN website has many resources available, both print and online, at no cost. Most notably, if you have a son or daughter getting ready to go to college or to enter the workforce, there are excellent booklets available.

The guidance is written by those who have been there, based on their real-life experiences. The guides are chock full of practical information, all in one place, to help navigate and simplify this transition to independence for both parents and teens.

- **Off to College with Diabetes** has two versions, one guide for caregivers (parents), and one guide for students. Topics cover family communication agreement, physical and emotional health, legal rights, and social life, to name a few.

- **Off to Work with Diabetes: Guide for Young Professionals** covers a range of topics, such as workplace rights, preparing to enter the workplace, on-the-job tips, mental health, navigating insurance, financial planning, and more.

There is a lot to think about as teens transition into the wider world and independence. These guides are meant to ease your mind, and help you enjoy this very special time in your teen's life. We are grateful to Christina Roth and CDN for providing these guides, which contain, as she puts it: “real tips, real experiences, no bull, and a little bit of sass.”

---

**We’re here for you**

The PacificSource Juvenile Diabetes Program strives to offer support and connection as well. If you have comments, questions, or ideas, please let us know! You can reach our RN & Diabetes Care and Education Specialist Debby directly at (541) 684-5519 or call our Health Management Team main number at (888) 987-5805.