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## SUPPORTS FOR YOUNG ADULTS WITH T1D

The following are great resources for young adults with T1D:

- 1) **Young and T1** ([youngandt1.com](http://youngandt1.com)) is "is a volunteer driven organization for people living with T1D during and after their transition into adulthood." YT1 members can connect with each other online in their Facebook group and through a variety of local events held throughout the year. They are actively involved in volunteering for local diabetes organizations, supporting T1D research initiatives, and mentoring younger individuals living with T1D. They host parties, educational symposiums, and other social events that try to cater to as many interests as possible. They welcome you to a community who gets the 'ups' and 'downs' of life with T1D!
- 2) **Connected in Motion** ([www.connectedinmotion.ca](http://www.connectedinmotion.ca)) is an organization of "people with type 1 diabetes who share a vision: to create a culture of support and engagement in diabetes self-management through peer-based experiential diabetes education, sport, and outdoor adventure." CIM organizes "Slipstream Weekends" across Canada, jam-packed with outdoor adventure, engaging workshops, great food and incredible people. It's a chance to connect with like-minded Type 1s — focused on the positives of what they CAN do with T1D.
- 3) **Virtual Peer Network for T1D** ([www.youngdiabetes1.ca](http://www.youngdiabetes1.ca)) is a patient network for people with T1D between the ages of 14-24 living in Canada. The private Facebook group contains tools, information, videos, shared experiences of those with T1D, and much more.
- 4) **I Challenge Diabetes** ([ichallengediabetes.org](http://ichallengediabetes.org)) is a Toronto-based charity that "focuses on delivering the most engaging, inspiring, and empowering opportunities (which are held across Canada) to the T1D community." Their mission is to support, empower, and connect people living with T1D by providing challenging programs to test the limits of living with the disease, and high-quality services to help them grow and take accountability for their own health.
- 5) **Diabetes Canada's *Generation D: For Young Adults Living with T1D*** is an excellent booklet, which provides an array of helpful information for young adults with T1D, including eating well on your own, dating with diabetes, driving, and emotions.
- 6) **ON TRAC** ([ontracbc.ca](http://ontracbc.ca)) is a website that links to the BC Children's Hospital transition website. There are readiness quizzes, checklists and toolkits to help young adults with chronic diseases navigate the transition from pediatric to adult care.
- 7) **Kelty Mental Health** ([keltymentalhealth.ca](http://keltymentalhealth.ca)) is an excellent website for finding information and resources on topics related to mental-health challenges affecting youth and young adults.

See also our handouts [Turning 19](#) and [Heading for College or University?](#)