

# Diabetes Transition Resources

## [Life After High School](#)

Are you graduating high school this year? The Diabetes Transition Program has put together resources for easing the transition between high school and your post-high school plans. Whether you're moving away for school, living at home and attending school locally, or planning to enter the workforce after graduation, we've compiled tips and resources to help you successfully navigate these changes together with your diabetes management.

## [College-Bound Freshmen](#)

### **Disability Services**

If you had an IEP or 504 plan in place throughout high school, you may be familiar with available supportive services at school. In college, supports and accommodations might look a little different. Accommodations are managed through the school's disability services office and tend to vary among institutions. They can include anything from additional time during exams, to allow you to test and treat your blood sugar as needed, to providing a mini fridge in your dorm room to keep your insulin cold. To be eligible to receive accommodations at your college, you will need to apply directly with the disability services office.

Check in with your college's disability services office to find out:

1. How to apply for accommodations
2. What documentation you'll need to provide

### [College Diabetes Network](#)

The College Diabetes Network (CDN) is a non-profit organization that aims to provide college students with T1D with peer connections and resources to make college with diabetes a more supportive experience.

Information on their website includes flyers on:

- Moving Out Timeline
- Common Challenges on Campus
- Talking T1D with Friends and Roommates
- Diabetes Cheat Sheet for Professors

## [Diabetes in the Workplace](#)

### [Beyond Type 1](#)

Beyond Type 1 is a non-profit organization providing platforms, resources, programs, and grants for individuals with T1D. They offer a variety of tips and information on navigating life and adulthood with T1D, including specific information on employment and diabetes.

### ["Thrive at Work" with College Diabetes Network](#)

In addition to college-specific resources, CDN also offers information on diabetes and employment for young adults navigating how and when to incorporate their diabetes into their workplace.