

patient education program

8200 Dodge Street Omaha, NE 68114-4113 402-955-5400 ChildrensOmaha.org

Diabetes Community Resources

SUPPORT ACTIVITY SCHEDULE:

The American Diabetes Association and the Juvenile Diabetes Research Foundation offer activities periodically throughout the year which offer the opportunity for families who have a child with diabetes to meet others living with diabetes. The Children's Diabetes Social Worker publishes an annual schedule of these activities every Fall, and is available in clinic by request at any time.

EXTENDED FAMILY CLASS:

In this class, we teach all of the "basic survival skills" you learned when your child was first diagnosed. This class is offered monthly and is open to any caregiver of a child with diabetes. (Relatives, family friends, teachers, day care providers, etc). Ask any staff member for more information and a class schedule.

SOURCES OF FINANCIAL AID:

The diabetes education binder contains a Nebraska resources sheet and an Iowa Resources sheet. These documents contain information about programs that could help if you are having difficulty paying for the cost of diabetes care or obtaining supplies. In Nebraska there is also a program called the Medically Handicapped Children's Program (MHCP) which has income eligibility guidelines, as well as medical eligibility requirements. Unlike Medicaid, which covers all medical expenses if you are eligible, MHCP will only cover the expenses related to diabetes. **If you are interested in this program, let the social worker know immediately so a "referral" can be made. If you are eligible, the program will pay bills back to the date the referral was made.** The Diabetes Social Worker is also available to help, if you are ever experiencing difficulty obtaining diabetes supplies, arranging for medical transportation, maintaining phone service, etc. Please don't hesitate to let us know how we can help.

SOCIAL SECURITY DISABILITY BENEFITS:

Children under age 6:

Children who have diabetes, are under the age of 6, and require daily insulin injections might qualify for social disability benefits under section 109.08 in the current Social Security guidelines. Eligibility for disability benefits are based on the family's financial/income status and the child's medical condition.

Children age 6 or over:

Children who are age 6 or over and require daily insulin have different guidelines for eligibility but the guidelines still include evaluation of the financial status of the family and the child's medical condition.

Contact the Social Security office if you need more information on these benefits. www.ssa.gov/ . 1-800-772-1213

MENTAL HEALTH SERVICES:

The Diabetes Social Worker has access to information on mental health resources in Omaha and across Nebraska and Iowa. In Omaha, Children's Behavioral Health clinic (955-3900), offer a professional staff of psychologists who are available to help children, adolescents, and parents resolve periods of crisis or conflict that can arise when living with diabetes. Please don't hesitate to call the Behavioral Health Clinic directly, or if you live outside of the Omaha area, contact the Diabetes Social Worker who will be happy to help you locate a resource in your area.

CAMPS:

Attending any of these camps is a great way to meet other kids with diabetes and make new friends. All of the camps offer "scholarships" or "camperships" to help pay the cost of camp. Contact any of these camps directly for more information on the camp program or financial assistance.

In Nebraska:

- **Camp Floyd Rogers** – www.campfloydrogers.com. P O BOX 541058, Omaha, NE 68154. Phone 402-885-9022. e-mail: director@campfloydrogers.com. **Camp Floyd Rogers** is a week-long, overnight camp for kids with diabetes ages 8 to 18. All the usual summer camp activities are offered. Camp location is within the Schramm Park Recreation area between Omaha and Lincoln just south of I-80. The camp can only accept 100 children each year and every year several hundred children apply to go. For this reason, it is very important for you to **apply early (Feb. or**

March). If your child has never been to camp or has been diagnosed within the last year, write “NEVER BEEN TO CAMP,” and “NEWLY DIAGNOSED” in LARGE letters on your application so your child will have priority over children who have been to camp before.

- **Camp Hot Shots (held at Platte River State Park, South of Omaha)** – <http://www.camphotshots.org>. You can reach the camp via e-mail at the web site. This 3 day camp (from 9:00am – 4:00pm, no overnight) is for children ages 6 to 11. Camp is held at Platte River State Park near Louisville, NE and is staffed with RN’s from Childrens. Besides getting to meet other kids who have to poke fingers and take shots too, children will enjoy swimming, archery, horseback riding, crafts and more.
- **Camp Hot Shots – Central Nebraska (held at Grace United Methodist Church in Hastings, NE)** – Contact information is: Diabetes Program Mary Lanning Memorial Hospital, 715 N. St. Joseph Avenue, Hastings, NE 68901, or e-mail dcarpenter@marylanning.org, or phone (402) 461-5318.

In Iowa:

Camp Hertko Hollow – Camp Director Vivian Murray. Office: 501 Grand Avenue, Des Moines, IA 50309. Phone: 515-471-8523 or 515-471-8547. Toll Free: 1-855-502-8500. Fax: 515-288-2531 Email- v.murray@camphertkohollow.com. Web address is www.CampHertkoHollow.com. This camp also allows kids the chance to enjoy all the usual summer camp activities. This camp offers 2 different week-long sessions for children in 2nd through 12th grades. Hertko Hollow also offers shorter sessions for children who are K through 1st grade.

COMMUNITY EVENTS:

The Juvenile Diabetes Research Foundation (JDRF), and the American Diabetes Association (ADA) both sponsor activities throughout the year. See p. 3 for JDRF and ADA contact information.

ADDITIONAL INFORMATION*:

*(*Children’s Diabetes Center and Children’s Hospital and Medical Center are not responsible for the information available from the following resources. Please call the Children’s Diabetes Center (955-3871) if you have questions about any information provided by these resources.)*

1. Online Support:

- www.childrenwithdiabetes.com - Family Support Network
- www.family.com/type1 - A collaboration between Disney and Lilly which provides fun diabetes support in various ways
- www.typeonenation.org - Type 1 diabetes community created by JDRF
- www.jdrf.org – Juvenile Diabetes Research Foundation - Online Diabetes Support Team.
- www.diabetes.org – American Diabetes Association - Family Resources Network and Family Link Program
- www.youcandothisproject.com – A growing community of videos created by people living with diabetes that provide validation, hope, and encouragement through honest talk.
- www.behavioraldiabetes.org - helping people live long, healthy and happy lives. Separate section for parents of teenagers with diabetes.
- <http://nicolejohnson.com/> - The official Nicole Johnson Website
- <http://www.diabetes.org/food-and-fitness/food/my-food-advisor/> - This is a section of the American Diabetes Association web site. Use their award winning calorie and carbohydrate counting tool MyFoodAdvisor™. [MyFoodAdvisor](http://www.diabetes.org/food-and-fitness/food/my-food-advisor/) has new and expanded features that allow people to track their daily meals, substitute healthier alternatives in recipes or on the plate, and browse recipes.
- www.ndep.nih.gov - National Diabetes Education Program is a federally-funded program sponsored by the U.S. Department of Health and Human Services’ National Institutes of Health and the Centers for Disease Control and Prevention. Over 200 partners organizations working together to improve the treatment and outcomes for people with diabetes.
- www.dlife.com – “It’s YOUR diabetes life!”. Has a “Meet others” section.
- www.dlifetv.com – Sunday’s at 6:00 p.m. (Central time) The latest medical news, uplifting stories from real people and celebrities — plus recipes.
- www.tudiabetes.org - Online Communities connecting people touched by diabetes.
- <http://www.asweetlife.org/> - The Diabetes Magazine – general info and blogs
- <http://www.parentingdiabetickids.com/> - Parent support by exchange of ideas and experience
- <http://www.safesittings.com/> - A nationwide not for profit website that makes available teens with Type 1 diabetes as babysitters for children with diabetes.
- <http://bringingsciencehome.health.usf.edu/> - Mission: To empower people touched by chronic disease to live optimistically and to create a new model for chronic disease education.
- <http://www.tcoyd.org/> - “Taking Control Of Your Diabetes” is a not-for-profit educational organization.

- www.diabetesselfmanagement.com/ - offers up-to-date, practical “how-to” information on nutrition, exercise, new drugs, medical advances, self-help, etc.
- www.diabeteshealth.com - provides practical and educational health information.
- www.diatrube.org - Research & Product News for People with Diabetes

2. Apps*:

- **Carb Counting:**

Go Meals - Free, access by phone, tablet or computer, BG logs, can download trend graphs and add notes

My Fitness Pal – Free, food diary: saves entries, food entries built in, scan barcode on packages

Calorie King - Free, food content database, popular restaurants

- **Logbook:**

My Suger Logbook - Pro version: \$2.99/month, good log book format, can be exported in PDF form, glucose reminders, save food logs with pictures

Diabetes Pilot – Free, can export logbook by time

Diabetes Connect – Free, good log book format, can be exported

Aga Matrix Diabetes Manager – Free, good log book format, can be exported

- **Insulin Dose Calculations:**

Diabetes 360 Lite – Free, can enter multiple time intervals with different doses

Insulin Calculator – Free, can only enter 1 dose setting

- **Support:**

Diabetic Connect – Free, interact with fellow patients so you can talk, share tips, and learn together. You can make personal connections, get and give support, and engage in conversations by following the activity feeds.

3. **American Diabetes Association*** (ADA): Local Office: 14216 Dayton Circle Suite 6, Omaha, NE, 68137. (402) 571-1101. Fax (402) 572-8141. National 1-800-DIABETES (342-2838). Web site is www.diabetes.org.

4. **Juvenile Diabetes Research Foundation*** (JDRF): Heartland Chapter, Omaha-Council Bluffs Office. 9202 W. Dodge Road, Suite 304 Omaha, NE 68114. (402) 397-CURE (2873) Fax (402) 397-6509. Web site is: www.jdrf.org. JDRF also offers the “Family Connections” mentor program in which a newly diagnosed family is connected to a family experienced in living with diabetes. Contact the office for more information.

5. **Diabetes Supply Center of the Midlands***, 2910 South 84th Street, Omaha, NE 68124, 402-399-8444.

6. Books*:

- *The Ten Keys to Helping Your Child Grow Up With Diabetes*. Author: Tim Wysocki, Ph.D. Publisher R. A. Rapaport Publishing, Inc. 2004.
- *Growing Up With Diabetes: What Children Want Their Parents to Know*. Author: Alicia McAuliffe. Publisher John Wiley & Sons, Inc. 1998
- *Sugar Linings: Finding the Bright Side of Type 1 Diabetes*. Author: Sierra Sandison, Miss Idaho 2014. June 15, 2015. Purchase on www.amazon.com
- *KiDS FiRST Diabetes Second: tips for parenting a child with type 1 diabetes*. Author: Leighann Calentine. Publisher: Spry Publishing LLC. 7-31-2012
- *Raising Teens with Diabetes: A Survival Guide for Parents*. Author Moira McCarthy. Publisher: Spry Publishing LLC. 6-4-2013
- *Diabetes Burnout: What to Do When You Can't Take It Anymore*. Author: William H. Polonsky, PhD, C.D.E. Publisher American Diabetes Association. 1999.
- *Growing Up Again: Life, Loves, and Oh Yeah, Diabetes*. Author: Mary Tyler Moore. St Martin's Press 175 Fifth Avenue, New York, NY 10010. April 2009. Mary Tyler Moore, actress and activist, relates the highs and lows of living with type 1 diabetes for the past forty years. Proceeds go to JDRF.
- *Shared Parenting: Beyond the Great Divide: The Twenty Essential Co-Parenting Tasks for Raising Children in Two Homes*. Frank Leek, PhD. Publisher, iUniverse.com (June 27, 2012) This book helps divorcing parents learn to communicate effectively, share parenting responsibilities, and find workable systems that encourage a peaceful future for everyone.

* (Children's Diabetes Center and Children's Hospital and Medical Center are not responsible for any information, services, or contacts initiated etc. from any source other than Children's Hospital and Medical Center. Please call the Children's Diabetes Center (955-3871) if you have questions about any information, services, or contacts associated with the resources on these pages)

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