



T1DE (a.k.a “tide”) started as a small band of families meeting once a month to discuss raising children with type one diabetes (T1D). We began to formalize our meetings by integrating education and youth activities and steadily grew over the next few years. In 2015, T1DE became a volunteer based 501(c) 3 organization so that we may fund programs to provide additional support to our community.

We facilitate monthly support group meetings that also integrate networking and educational. Each month we have local and regional speakers discussing topics including research and technology, integrative and progressive management, nutrition, exercise, emotional wellbeing and we are continually adding to an evolving library of presentations. We share our successes and challenges and learn from each other.

We also facilitate family events so that families and their children may form peer and mentoring relationships that are not only important to parents, but especially important to children. Children will know that they are not alone and that there are others that deal with this disease every day just like they do.

### People We Serve:

- Individuals and Families living with T1D
- Associated Medical Professionals
- Private Caregivers
- School System Staff
- Pediatric Type 2
- The Community at-large regarding diabetes awareness and prevention

### Programs We Provide:

- Support Group and Networking Events
- Peer and Mentoring Groups
- Health and Wellness programs on diet, exercise and emotional well being
- Education, including holistic and alternative therapies
- One on One support, including family liaisons and coaching
- Diabetes awareness and public screenings

### The importance of blood sugar control:

- Normal growth and brain development in youth
- Emotional well being
- Reduces hyper- and hypoglycemia
- Detours Burnout for individuals and caregivers
- Prevents, delays and possibly reverses complications



As a 501(c)(3) volunteer organization, we strive to make our programs available to all who are interested in participating at little or no cost. If you are interested in volunteering to support any of our programs, please let us know! We look forward to supporting you in your T1D experience. For more information on our programs and event calendar, please visit our website, find us on facebook or email us directly

**For More Information**  
**info@t1de.org**  
**www.t1de.org**



## Empowering Individuals and Families Living With Diabetes

At T1DE, we strive to provide programs to support individuals and families to live long, and healthy lives with T1D, free of the potential struggles and risks associated with this progressive disease.

Studies have shown that support programs can make a significant impact on blood sugar control. Our youth can achieve normal growth, brain development and emotional well being, while delaying the risk of complications due to high blood sugar.

Statically, less than 1 in 4 of our youth are meeting the blood sugar targets. Recently these targets were significantly lowered in an attempt to reduce early development of complications. Current guidance as to how to achieve these goals puts much of the responsibility on individuals and families.

Unfortunately, there is no "one size fits all" diabetes management program, which is why managing T1D can be so challenging. Having access to additional resources can make all the difference in the management of this chronic 24/7 disease.

Until there is a cure for T1D, we will provide a wide range of programs that will support you TODAY. We can thrive living with diabetes. Through our collective experience and support, we achieve happier, healthier and more balanced lives.

Type One Diabetes Experience  
2220 Lakeside Drive  
Lynchburg, Virginia 24501



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[www.t1de.org](http://www.t1de.org)