



## T1D Community Connections

*How JDRF Supports and Connects People with T1D*

From the day of diagnosis to daily life decades later, JDRF supports and connects people in the type 1 diabetes (T1D) community to help them live better lives. Whether you're interested in joining a vibrant online T1D community or local chapter, in need of advice from someone who's been there or looking for educational tools to help you or your loved one manage the disease — JDRF is ready to help.

“When I found JDRF and was connected with parents who had been through what I had been through, it changed my life. I found my new normal, my source of hope — and strength — to face my son's disease. I wanted to become an Outreach Volunteer so that I could do that for others. I want to be someone's light through all that darkness.”

— Alexis Newell, son Justice diagnosed at age 7

### Ways to Connect



**Reach Out:** Receiving a T1D diagnosis can be a traumatic and isolating experience, whether it's you or someone you love. JDRF Outreach Volunteers and the Online Diabetes Support Team are available to anyone in need at any age.



**Volunteer:** JDRF's volunteers and chapter members are unparalleled in their ability to effect change by fundraising millions of dollars and by using their voices to advocate with government and industry leaders.



**Network:** Connect with people who are dealing with T1D by joining our global online community, TypeOneNation.



Visit [jdrf.org/t1d-resources](https://jdrf.org/t1d-resources) to find T1D tools, resources and information for any age or stage of life.

## Reach Out



### Local Connections

JDRF Outreach Volunteers are families and volunteers that have a personal connection to T1D and understand how overwhelming it can be to adapt to the daily demands of managing this disease. From diagnosis and beyond, they can help you and can introduce you to your local T1D community.

Visit [jdrf.org/request-outreach-volunteer](https://jdrf.org/request-outreach-volunteer) to connect with someone today.



### National Network

The Online Diabetes Support Team (ODST) are compassionate volunteers from across the U.S. who know firsthand the ever-changing demands of living with T1D. They use their collective expertise to answer questions and provide support on a myriad of T1D-related topics.

Contact them with your questions at [jdrf.org/online-diabetes-support-team](https://jdrf.org/online-diabetes-support-team), and they will email a response in 48 hours.

## Volunteer



### Grassroots Advocacy

JDRF Advocates use their voices and personal stories to urge government leaders, insurance providers and regulatory officials to sustain and grow critical public funding for T1D research and provide adequate, affordable healthcare coverage.

Visit [jdrf.org/advocacy](https://jdrf.org/advocacy) to join their ranks.



### Event Fundraising

Get physical at a JDRF One Walk® or JDRF Ride to Cure Diabetes, be a social butterfly at a JDRF Gala or dream up your own “Your Way” fundraiser.

Visit [jdrf.org/fundraising](https://jdrf.org/fundraising) to find a fun and fulfilling way to support T1D research.



### Chapters

JDRF has chapters across the United States. Your local chapter serves as the hub of JDRF information and events in your area. Each chapter succeeds on the help of local volunteers.

Connect to your local chapter at [jdrf.org/chapter-select](https://jdrf.org/chapter-select) to find support, community and ways to join the fight to end T1D.

## Network



### TypeOneNation

Our vibrant social network connects more than 30,000 people all over the world who are dealing with T1D in their own way and convenes them at TypeOneNation Summits around the country.

Learn more at [jdrf.org/community/typeonenation](https://jdrf.org/community/typeonenation).

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting [jdrf.org/donate](https://jdrf.org/donate).

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 [@JDRF/@JDRFresearch](https://twitter.com/JDRF)

 [@JDRFHQ](https://www.instagram.com/JDRFHQ)

 [youtube.com/user/jdrfonline](https://youtube.com/user/jdrfonline)