

Wisconsin TypeOneNation Summit

Saturday, October 26, 2019 | 9:00am – 3:00pm
Breakout Session Options & Descriptions

Breakout Session #1
11:00AM – 11:45AM

T1D Basics for Caregivers

Kristie Kaplan, Diabetes Nurse Educator – Children’s Hospital of Wisconsin
Matt Edwards, Clinical Dietician – Children’s Hospital of Wisconsin

This session is geared toward extended family and other caregivers – grandparents, aunts, uncles, babysitters or nannies to name a few – who want to learn the basics of T1D management. Nurse Clinician Kristie Kaplan and Clinical Dietician Matt Edwards of Children’s Hospital of Wisconsin will provide guidance on blood glucose monitoring, detecting and managing low and high blood sugars, understanding and counting carbohydrates and administering emergency treatments, as well as a brief overview of the technology available for managing diabetes.

T1D Health Insurance Guide

Amy Carletti, JDRF Advocacy Team Chair – Illinois Chapter

How do you choose a health plan? What should you do if a claim is denied? Navigating healthcare and health insurance options when you have a chronic condition like type 1 diabetes (T1D) can be overwhelming. That’s why JDRF is committed to supporting you by providing tools to help you understand your options. This session will provide a basic overview of the online health insurance guide, as well as dive further into a few of the resources provided, including how to choose an insurance plan, how to apply for an exception, and understanding common issues around insulin, insulin pumps, CGMs and test strips.

Carbs Aren’t the Enemy: A Whole Food Approach to T1D Management

Elizabeth Arnold, Registered Dietitian Nutritionist, Certified Diabetes Educator – Ascension Medical Group

This nutritional breakout session will focus on mindful eating, incorporating more whole foods and “slow” carbs into your diet, glycemic index and glycemic load and how to use them, bolus timing and strategies (both with a pump and MDI), as well as tools that enhance blood sugar management such as exercise, CGM, mobile apps and books.

Breakout Session #2
1:15PM – 2:00PM

Schooling Diabetes: K4 - College

Parents, caregivers and educators are encouraged to attend this session that offers tips and tricks for managing T1D in school for all ages. Get guidance on building an Individualized Healthcare Plan (IHP) and Emergency Care Plan. Learn about 504 plans, why you may want to consider one and the roles and responsibilities of the school and parents/guardians in the 504 process. Participate in small group discussions (based on grade level) with families and outreach volunteers experienced with diabetes-related school topics.

Breakout Session #2**1:15PM – 2:00PM****A New Normal: Adjusting to Life with Diabetes***Allison Nimlos, Marriage and Family Therapist & Diabetes Coach***(cont'd)**

Join diabetic therapist and coach Allison Nimlos as she walks you through some of the common emotions and experiences of newly diagnosed life, including grief and loss, family conflict, and issues with peers, teachers, employers, as well as anxiety about the future. Get tangible, actionable steps to help you and your family adjust so you feel empowered and energized to manage T1D. Appropriate for all ages within the first few years after diagnosis.

PEAK: Get Physical with T1D [Performance in Exercise & Knowledge]*Mandi Kirby, DNP, ACNP*

Whether you're just getting started or looking to crush your fitness goals, the JDRF PEAK Program (Performance in Exercise and Knowledge) will help deepen your understanding of the impact exercise has on nutrition and insulin management in those living with type 1 diabetes. Join Mandi Kirby, DNP, ACNP, as she presents the latest information on the environmental, dietary, physiological and psychological factors that you should consider to ensure you are exercising in the smartest and safest way possible.

Breakout Session #3**2:15PM – 3:00PM****T1D Technology: Today and Tomorrow***Maggie Frederick, Diabetes Nurse Clinician – Children's Hospital of Wisconsin*

Pens. Pumps. CGMs. Apps. With so many options for managing T1D, it can be difficult to understand all that's available and what's best for you. Join Maggie Frederick, Nurse Clinician at Children's Hospital of Wisconsin, as she provides an overview of the technologies currently on the market and a glimpse at what the not-so-distant future holds. This session will touch on diabetes apps including Blueloop and Tidepool, as well as CGMs, pumps, open and closed-loop systems, new insulin and more.

Diabetes Distress & Burnout*Allison Nimlos, Marriage and Family Therapist & Diabetes Coach*

What are diabetes distress and burnout? How are they different? Join diabetic therapist and coach Allison Nimlos to learn about both, how and why they show up, common misconceptions surrounding them and what are some tangible, actionable steps to deal with burnout when you experience it (because nearly everyone does). This session is appropriate for all ages and geared towards everyone impacted by T1D, including adults, teens, caregivers and spouses.

JDRF Advocacy 101*Sarah Meidl, JDRF Advocacy Team Chair – Northeast Wisconsin Chapter*

From securing Federal funding to accelerating new technologies and therapies through the regulatory approval process, JDRF Advocacy works hard to ensure that critical T1D research maintains its momentum, life-changing breakthroughs continue to be realized and advances in research are accessible to as many people as possible in the T1D community. Join Sarah Meidl, T1D parent and Advocacy Team Chair from the Northeast Wisconsin Chapter, as she shares the basics of advocacy, some key accomplishments, what an advocate does and how you can use your voice to support these important efforts.

Note: Agenda topics and timing subject to change.