

July 2007

Hi there!

We were overwhelmed with the response to our [Diabetes Burnout event](#) coming up in Melbourne this weekend. It sold out in the first week, we found a bigger venue and it sold out again! We will be producing some resources about the hot topic of burnout from the event - combining the speakers' presentations with contributions from everyone who attends. Keep an eye out for that soon.

And [buy a raffle ticket](#) or 10 to help us keep doing all these things for and by people with Type 1 diabetes!

Raffle - Online Tickets - Win an AFL Footy Jumper

The Reality Check website and its managers The Type 1 Diabetes Network are running a raffle to raise some money to keep on kicking on.

First Prize is a new AFL footy jumper signed especially for us by Dale 'The Flea' Weightman (pictured), the Tigers champion who happens to have Type 1 diabetes.

1 ticket for \$5. 3 tickets for \$10. 10 tickets for \$20.

Online ticket sales (Visa, Mastercard or PayPal account) close at Midnight THIS FRIDAY 27th July.

[More info & Tickets...](#)

Results of our 'Transition' Survey

Thanks to everyone who completed our survey about 'transition' last month.

In just 10 days we received 244 responses!

The full results of the survey have today been published on the Reality Check website.

Some of the key findings were:

- a need for more information around emotional aspects like anxiety and stress
- how to keep motivated living with type 1 diabetes
- practical issues like finding a good GP and diabetes educator
- keeping up to date with legal issues and new technologies

The survey results have been provided to the Transition Information Kit Reference Committee for review and the results will be incorporated into development of the information kit, due to be launched later this year.

[Read the report...](#)

Spirituality and Diabetes

Nasrin Parsian, doctoral candidate at Deakin University, is conducting research to explore the meaning of spirituality and its impact on coping strategies used by young adults with diabetes when they face difficult life situations. □

You are invited to participate in this project in either of the following two ways: 1. Completing an [anonymous questionnaire](#) and returning it through the mail or e-mail. 2. Completing a questionnaire and then following the study by participating in an interview and a focus group.

If you wish to participate to the interviews please contact the Researcher on: 03 9244 6600 or email to npars@deakin.edu.au.

Please note that: * The participants must be between 18 to 28 years old. * Have had diabetes for at least one year.

[Download the questionnaire here....](#)

Online Participation Research

The Inspire Foundation and CIRC are doing research that looks at what enables or prevents young people from diverse communities participating in community and government decision making.

They're running an Online Forum Discussion where you'll be able to respond to questions and engage in discussions about your experiences of online participation.

[Click here for more information....](#)

Teenage Girls needed for Quality of Life research

Girls with Type 1 diabetes between 11 and 20 are invited to take part in a Macquarie University-supported research study about understanding the effect diabetes has on you and your quality of life, and particularly how you and your parents feel about 'hypos'.

There are two parts to the study: Questionnaires and a Discussion/Focus Group. You are invited to take part in both or either parts of the study.

If you're interested or would like more information about this study, please contact Leila Mazoudier on 0416 340 861 or e-mail leilamazoudier@hotmail.com.

Tax Time- Claiming Medical Expenses

As those group certificates roll in, and you contemplate gathering all your paperwork and shlepping down to the accountant, remember to collect all your medical supplies receipts too.

Mel's article is a quick overview of what medical expenses you can and can't claim in your tax.

[Read on...](#)

That's all folks...

Survey central this month! Thanks for helping out - we ask all researchers recruiting participants through us to report back on the outcomes of their studies, and try to follow them up when they forget - we will bring you news as they flood in over the coming months and years.

Thanks!

Kate

The Type 1 Diabetes Network

Managers of www.realitycheck.org.au for and by young adults,

A [Starter Kit](#) for Adults Newly-Diagnosed with Type 1 Diabetes and

www.muntedpancreas.com for and by Parents.

Join our mailing list!

email: kate@realitycheck.org.au

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