



## Speaking from Experience *Type 2 Diabetes*

### Transcript for chapter 7 of 8: Support

**John (diagnosed 1 year)** - Our educator was explaining all the technical aspects to diabetes, the risk factors and so forth. I thought, "I'm not going to tell her what I'm going through. No one is experiencing what I'm going through. I'm having all these feelings and I'm sure they don't understand what I'm talking about." Then she started going through all the symptoms and I had all of them. So she told me to take the floor and share what I was feeling. So, I got up and opened my mouth and everyone said that they felt the same way! So, it's funny how it works.

**Peter (diagnosed 8 years)** - One of the things that I did is that I found a group that did shopping tours. As a male, I didn't do a lot of cooking at home and I didn't read packs. That was fantastic, to go around a supermarket and learn to read packs and labels.

**Bernadette (diagnosed 5 years)** - I have a few friends who are diabetics. So, I guess we're our own little support group.

**Helen (diagnosed 13 years)** - I went to a support group just before Christmas. I did a course. It's interesting to meet other people who've just been diagnosed, or had it a long time. The ones who have just been diagnosed are interested in what you have to say.

**Bruce (diagnosed 8 years) and Rosemary** - Tips with their diet, tips with their cooking. How to take your blood glucose, what sort of meters do you use. All the little nuts and bolts of having diabetes.

**John** - The thing that we can give you is encouragement to come along with us and exercise. It may sound simple. We have the Highlands Lake, and that's a one and a half kilometre lap that we do. I do it in nine and a half minutes; others do it in 20 minutes. It doesn't matter. What matters is that they're going out there regularly and walking. We have our cup of coffee and relax. We share experiences and thoughts. That's the most important thing. We're all a family and we have a common denominator.

**Toni (diagnosed 4 years)** - The issue, I think, is not having a support network for younger people with type 2 diabetes. Everyone I speak to is quite a lot older than I am. Not having a lot of people who have been in the same situation at a similar age, it's quite difficult.