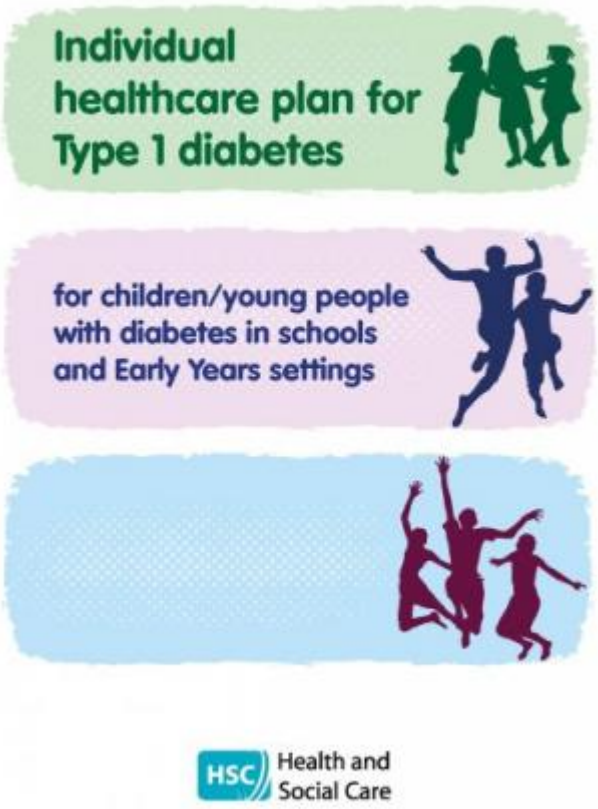

Individual healthcare plan for Type 1 diabetes

This individual healthcare plan is intended to be completed by the Diabetes Specialist Nurse for any child or young person with Type 1 diabetes in a school or Early Years setting. It is recommended that the plan should be discussed and agreed annually between the Specialist Nurse, parent/carer and the school. It provides a summary of day-to-day care, including regular times for blood glucose monitoring and insulin administration, the level of supervision required, special dietary needs and adaptations required when exercising. It also includes action plans for hypoglycaemia and hyperglycaemia.

The PDF version below can be completed electronically and printed if required.

Published

19 August 2026
Last reviewed
19 August 2026

Details

Format
8 pages, A4 booklet
Target group
Diabetes Specialist Nurses working with children and young people with Type 1 diabetes

Downloads

Attachment	Size
1. Individual healthcare plan final with fields 0826.pdf	1.1 MB

Tags

- diabetes
- blood glucose
- insulin
- hypoglycaemia
- hyperglycaemia

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