

**diabetes is
different for
children**

It is time for change



Youth-to-youth peer support

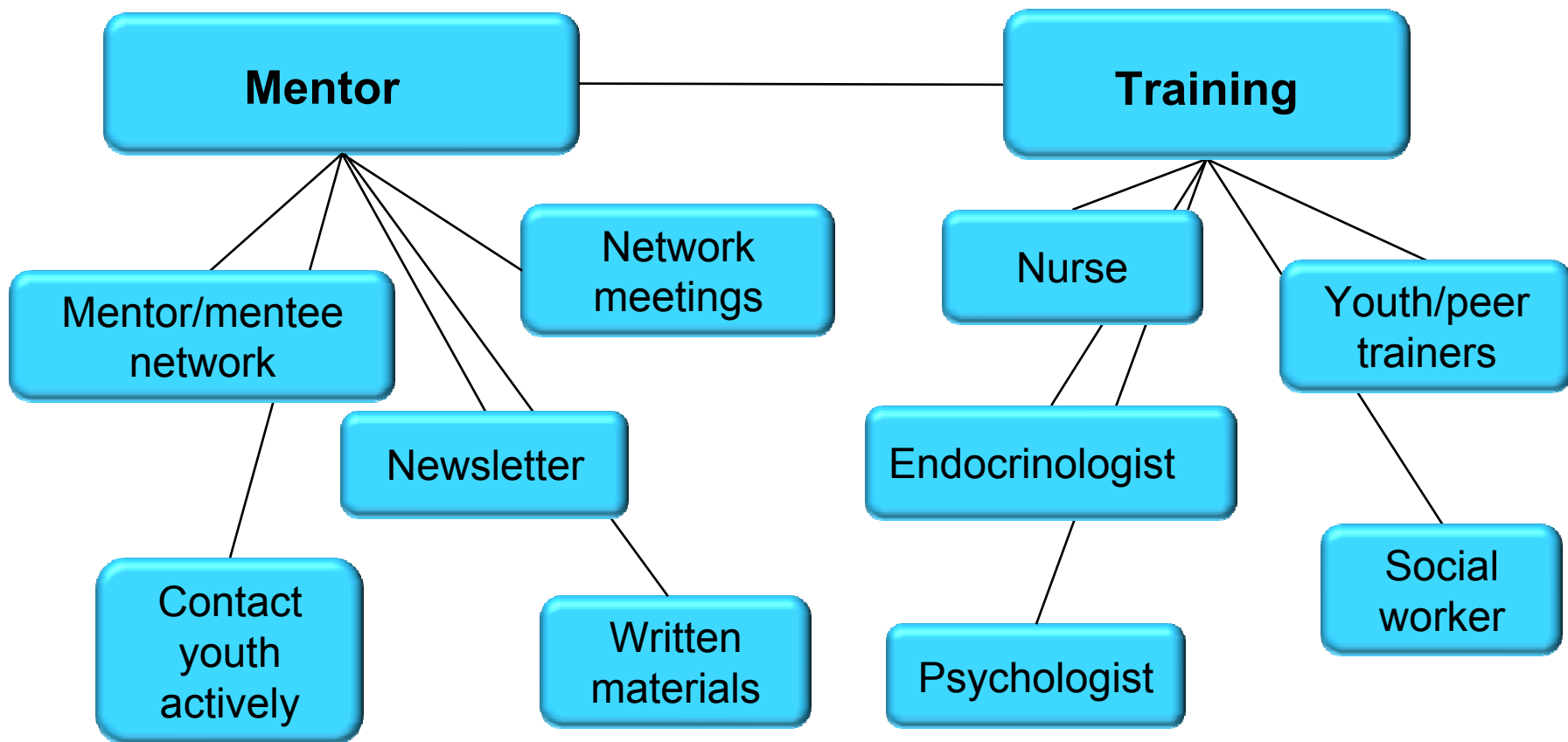
Anja Østergren Nielsen

Bringing in youth! Why?

- Youth perspective:
 - Lack of optimal treatment
 - Doctors and nurses do not understand their needs and wishes
 - Reach out to young people who need help
- Healthcare professionals:
 - What do they want? How do they think?
 - Improve communication and understanding



The idea



Components of training

- Diabetes basics
- Make the most of your consultation
- Live life
- Depression, eating disorders, anxiety
- Research update



Peer support programmes in chronic disease management

- **Chronic disease self-management programme**
Stanford School of Medicine, 2008
- **Peer support programmes in diabetes**
Report of a WHO consultation, 2008
- **Peer advisors in diabetes**
Baksi AK *et al.* *Diabetic Medicine* 2008;25:1076–82



Highlights of youth

- Kick-off meeting
- Stability and time consumption
- Training
- Recruitment
- Physical environment

