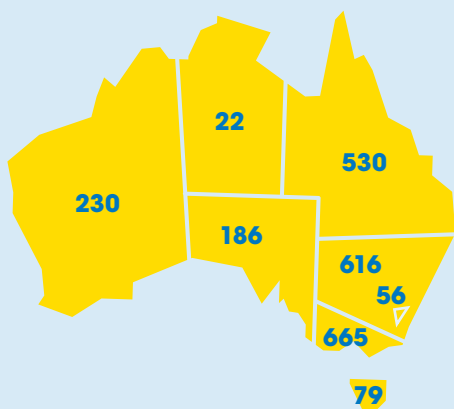


NDSS Our voices, our lives, our choices summary 2020

The *Our voices, our lives, our choices* project formed part of the National Diabetes Services Scheme (NDSS) Youth and Youth Transition Project 2019-2020. The project was designed and delivered by young Australians (18 to 29 years) living with type 1 diabetes to further understand their current experiences. The overall objective was to hear from young Australians regarding their awareness of and interactions with the NDSS, and how the NDSS could better support them.

Find the full report here: ndss.com.au/about-the-ndss/reports/

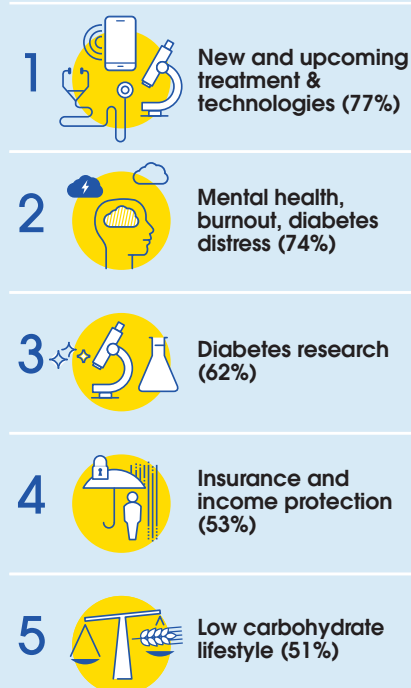
Total of 2384 survey responses received (13% of target population)



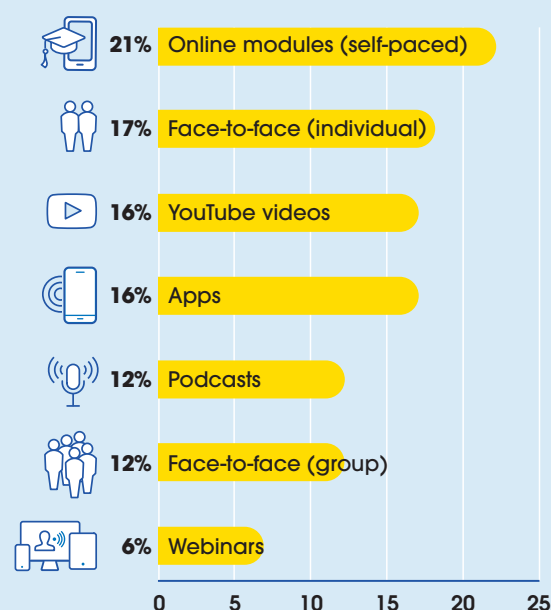
- 78 respondents identified as Aboriginal or Torres Strait Islander.
- 60 respondents spoke a language other than English.

Top 5 topics of interest

Respondents were able to choose their top 5 topics out of a possible 16 options.



Preferred ways to participate in diabetes education

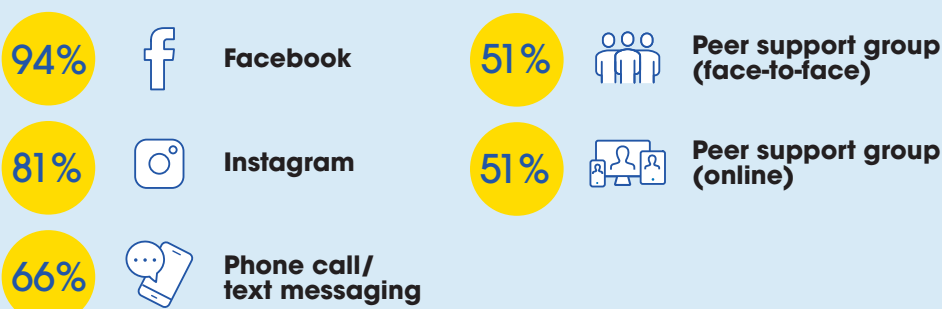


Accessing diabetes product subsidised through the NDSS

31% (739) of respondents had experienced problems in the past 12 months accessing NDSS products through their local pharmacy (Access Points).

Preferred ways to connect with other young people

Respondents were able to choose their top 3 options from a possible 9 options



Technology and devices

"I have a Freestyle Libre. I test more often with the Libre than what I did with the meter."



"I am currently only using a CGM as it is subsidised since I just had a baby. In two months' time I will no longer have free access and won't be able to afford it."



"I moved from pens to an insulin pump just over a year ago and my control is exponentially better, insulin pumps take a lot of guesswork out of dosing and make it a lot easier to control."

Key opportunities

The following nine key opportunities have been developed based on the results of the national survey, interviews conducted, and consultations with people living with diabetes and healthcare professionals.

Key opportunity 1

Continue to support the need of young people with type 1 diabetes for information and resources about CGM and CGM devices.

Key opportunity 2

Improve access to subsidised NDSS products by providing information and resources to pharmacies about the products and the ordering processes.

Key opportunity 3

Expand NDSS Helpline access to accommodate young people connecting to diabetes healthcare professionals.

Key opportunity 4

Provide opportunities for young people to connect with diabetes related mental health support.

Key opportunity 5

Assist young people with type 1 diabetes to meet and support others.

Key opportunity 6

Enhance NDSS connections with young people to ensure offerings are developed and evaluated with them.

Key opportunity 7

Include young people in the development of campaigns and share on platforms they prefer to use.

Key opportunity 8

Deliver NDSS educational materials via methods preferred by young people.

Key opportunity 9

Provide information to young people about diabetes research and clinical trial opportunities.

Disclaimer: *Key opportunities have been adapted for this document from the *Our voices, our lives, our choices* report.



Developed in consultation with people with diabetes.

NDSS *Our voices, our lives, our choices* summary 2020 is part of the NDSS Youth and Youth Transition Project. This project engaged young people with type 1 diabetes to guide the delivery, development and design of this summary. Illustrations by Zahra Zainal
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The NDSS is administered by Diabetes Australia