

Diabetes Management Skill Levels

Age & Grade Level	General	Blood Sugar Monitoring	Insulin	Insulin Pump
Preschool <5yrs	Usually unable to perform tasks independently Significant behavior changes with highs and lows.	Performed by adult, child can assist	Performed by an adult, child should be able to cooperate and choose sites	Performed by adult
Elementary School 1 st -5 th Grades 5-10yrs	Cooperates in all care tasks at school	By age 8 most can do tests with supervision, need more assistance if high or low symptoms	By age 10 most can administer own insulin with supervision	Begin by programming boluses with supervision. Beginning understanding of carb content of foods.
Middle –Jr. High 6 th -8 th Grades 11-14yrs	Become more independent with diabetes care tasks	Can do without supervision unless symptomatic	Administers own insulin, some degree of supervision for accuracy of dose calculations	Calculate and administer boluses with supervision. Able to troubleshoot. Many can do own set insertions. Increasing carb. counting competency. Nutritional quality may suffer ☺
High School 9 th -12 th 14-18yrs	Become very independent. If school performance and diabetes control is good, little supervision needed	Can do without supervision unless symptomatic, or if control /school performance is questionable	Can administer without supervision unless there are problems	Calculate and administer insulin boluses, do own set insertions, tubing changes. Needs assistance only when symptomatic.