



Villager's Name: \_\_\_\_\_  
First Middle Last

Session Code: \_\_\_\_\_ Language: \_\_\_\_\_  
Letters + Numbers

### About Your Child's Diabetes

Your child will continue self-care for his/her diabetes while attending our program. Kindly note that our Health Center staff are not diabetes educators nor specialists in diabetes care. We recommend that you complete this form in consultation with your diabetes educator. **Return this form to us at least three weeks before your child arrives.** If you have questions or concerns, please call our Health Services office by dialing 218-586-8771 during business hours. Attach additional information as needed, including physician medication orders or greater detail about your child's diabetes history.

Things to consider about the Concordia Language Villages program:

1. Because the program takes place in the outdoors, your villager may be more physically active than at home.
2. Villagers do their own diabetes care while with us. If you'd like, your villager's extra supplies (insulin, syringes, glucometer, etc) may be kept in the village Health Center where a sharps container is also available.
3. Not all villages have an RN in residence. At minimum, a person trained in first aid and CPR is available.
4. All villages have access to a local physician, clinic and hospital services. It takes at least 45 minutes to transport someone from the village to the next level of care. In some situations it may take longer.
5. Each village has its own time for meals – and that schedule may vary for special programs. Villagers with diabetes should be capable of adapting to changes in their meal time and capable of monitoring their own carbohydrates.
6. Menus reflect the cultures that speak your child's target language. This means that some foods may be unfamiliar to your child. Coach your villager to ask their head cook about ingredients and/or look over the menu if s/he has questions. We usually serve our main meal at mid-day; evening meals are generally lighter. Your child's village food service staff can provide snacks (e.g. milk, bread & meat/cheese, fresh fruit). If you'd like more information about your child's meals, contact your child's village and ask to speak with the Head Cook.
7. Staff are told that villagers with diabetes know how to take care of themselves. We will brief cabin and activity staff about your child's diabetes, especially the signs that indicate a low blood sugar level.

#### ❖ ABOUT YOUR VILLAGER'S ROUTINE CARE FOR HIS/HER DIABETES

- When does your child check blood sugar (BS)? \_\_\_\_\_
- What is your child's usual range of BS readings? \_\_\_\_\_
- When does your child inject insulin? What type is used and how many units?  
\_\_\_\_\_

- Will your child be using an insulin pump while at the villages?  Yes  No  
If YES, what brand, model and model number? \_\_\_\_\_  
What toll-free number should be called if there are problems with the pump? \_\_\_\_\_  
How long has your child been using his/her pump? \_\_\_\_\_  
How often will your child change the infusion set? \_\_\_\_\_

➔ **NOTE:** Be sure to bring back-up insulin syringes and insulin should the pump fail while at the village.

- In addition to meals, describe your child's pattern for snacks (time, what is eaten, etc).  
\_\_\_\_\_  
\_\_\_\_\_

- If a question about diabetes management comes up, who should we call and at what number?  
\_\_\_\_\_  
\_\_\_\_\_

- Other villagers may have questions about your child's diabetes care. The Language Villages tends to approach chronic health concerns by normalizing the situation rather than sensationalizing it. We'd encourage your child to answer questions from others. Please let us know of your preferences in this situation as well as those of your villager.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

❖ **ABOUT LOW BLOOD SUGAR REACTIONS**

- If your villager's BS would get low, what signs or behaviors would our staff expect to see?  
\_\_\_\_\_
- If your villager's BS gets low, what should we do?  
\_\_\_\_\_
- Are there particular stressors that tend to drop your villager's BS? What are they?  
\_\_\_\_\_
- When was your villager's last low blood sugar reaction? How often does your villager have low blood sugar reactions?  
\_\_\_\_\_
- Has your villager ever gone so low that s/he had a severe reaction (seizure, loss of consciousness)?
  - No
  - Yes and here's what happened....  
\_\_\_\_\_  
\_\_\_\_\_

❖ **ADDITIONAL INFORMATION**

- If your child's blood sugar is running high, what signs or behaviors would our staff note and what would you like us to do?  
\_\_\_\_\_
- Who do you want us to notify if your child has a reaction? Provide appropriate phone numbers. If you are not at home, should we leave a message on your answering machine?  
\_\_\_\_\_  
\_\_\_\_\_
- Name of your Diabetes Care Provider: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_
- What else would you like us to know about your child's diabetic management plan?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

❖ Today's Date \_\_\_\_\_

*Signature of  
Person Providing  
this Information:* \_\_\_\_\_  
*Relationship  
To Villager:* \_\_\_\_\_

*Return this form at least three weeks before your child arrives to the healthcare provider at your child's village or to Health Services, Concordia Language Villages, 8630 Thorsonveien NE, Bemidji, MN 56601*

**Thank you for helping us provide a great Language Village experience for your child!**