

Prototype 3: Developing a website that provides accessible information for young people living with type 1 diabetes to help them to manage their condition.

Aims:

- Make sure young people living with type 1 diabetes have access to the information they want and need.
- Provide an opportunity for young people to access this information even when they don't feel confident to ask questions about it.
- Allow young people to feel more confident in managing their diabetes independently.

Responding to the request from young people with type 1 diabetes which was: "Don't tell us not to do it, tell us how to do it safely", the team developed a website with easy and accessible information for young people on topics they thought were most important and often they did not want to discuss at clinic. The topics chosen were:

- Alcohol and Drugs
- Driving
- Sexual Health
- Piercing and Tattoos
- Mental health

They designed a 'tree of life' in which the different topics are and can be clicked into for further information. We all worked together to gather up to date and concise information on each topic while also including links to other useful websites e.g. Diabetes UK.

Did it work?

The idea was well received and there was a lot of excitement around it. The overall website is colourful and interesting to capture the attention of the young people. In addition, text is short and in bullet points in order for young people to find the information they want to quickly.

Key learning from this prototype:

1. Prioritise what time you have, we all live very busy lives.
2. Share out the work with everyone in the group.
3. Be creative.
4. Be realistic with what you can do as a group in the time frame.
5. Try to test the prototype alongside developing it.