



**EXAMPLES:** of images to use during discussion of blood sugar level symptoms with the person with IDD. To help explain diabetes to the people you support, see this resource from the UK: What to do when you have Type 2 diabetes: An easy read guide; Diabetes UK, London, UK, 2014. Available at: <https://www.diabetes.org.uk/professionals/resources/shared-practice/for-people-with-learning-disability>

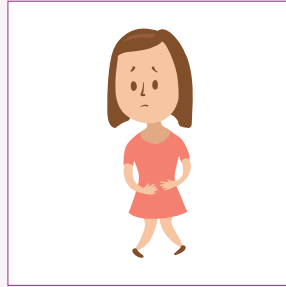
## Some symptoms of HIGH blood sugar:



Feeling thirsty



Going to the toilet a lot



Stomach ache or nausea or 'fruity' smell on breath



Feeling tired

## Some symptoms of LOW blood sugar:



Feeling shaky or dizzy



Feeling sweaty



Feeling very tired or grumpy