



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POLICY ON DIABETES MANAGEMENT

The YMCA of Metro Chicago is committed to making its programs and activities available on a non-discriminatory basis, including to individuals with disabilities, and complying to the greatest extent possible with the Americans with Disabilities Act and any other applicable state and federal laws pertaining to individuals with disabilities. The purpose of this policy is to establish procedures for YMCA programs to work cooperatively with individuals with diabetes and, where applicable, their parents/guardians and qualified healthcare providers to provide diabetes management assistance that may be necessary to facilitate participation in YMCA programs. The goal of this care is to maintain blood glucose levels within a target range and to enable an individual with diabetes to safely and fully participate in the program and in all program-sponsored activities. This policy is limited to diabetes management and does not apply to the management of any other disability.

I. REQUESTING ASSISTANCE

- A. Individuals with diabetes who wish to enroll in a YMCA program and who anticipate requesting assistance from the YMCA with management of diabetes shall have the option of indicating that they will be requesting assistance. Individuals with diabetes, or their parents or guardians where applicable, shall have the option of requesting assistance either on an enrollment form or after they are enrolled in a program. In applying to YMCA programs, individuals with diabetes, or their parents or guardians where applicable, should allow adequate time to provide the information outlined below and for the appropriate staff to meet with the individual or parents/guardian to discuss and assess the individual's particular needs.



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- B. Upon receiving notification of the need for program assistance for an individual with diabetes, the YMCA of Metro Chicago will share this policy and the Diabetes Medical Management Plan (“DMMP”) and provide adequate time for a physician to complete the DMMP.

II. DIABETES MEDICAL MANAGEMENT PLAN

- A. Prior to participation in the program, an individual with diabetes who requires assistance or a parent/guardian of a child with diabetes shall provide a DMMP to the YMCA of Metro Chicago. A DMMP identifies the health care needs of and requested services to be provided to an individual with diabetes. Both adults and children with diabetes shall provide a DMMP if they require assistance from YMCA of Metro Chicago program staff.
- B. The DMMP for a member shall include information on, as applicable:
 - i. Blood glucose monitoring
 - ii. Symptoms and treatment of hypoglycemia
 - iii. Symptoms and treatment of hyperglycemia
 - iv. Insulin Therapy
 - v. Inventory of member’s self-care tasks related to their diabetes management and care, and ability to request assistance and describe extent of assistance required.
 - vi. A list of the equipment and supplies that the member is permitted to carry on their person while at the program
 - vii. A list of equipment and supplies to be kept at the Y Center

Download the Y’s DMMP here:

http://www.ymcachicago.org/page/-/pdfs/metro/ymca_DMMP.pdf



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- C. All supplies and equipment needed by the program to provide diabetes care shall be provided by the individual with diabetes. Adults and children with diabetes shall be permitted to carry their medical supplies and equipment with them at all times.
- D. An individual may request assistance with some or all of the diabetes care specified in a DMMP. The YMCA of Metro Chicago will make individualized determinations about whether program staff will provide the requested assistance based on the specific circumstances of each request.
- E. If a person becomes unconscious or unresponsive due to severe hypoglycemia, trained program employees shall administer glucagon if specified in his or her DMMP, contact 911, and take other actions as specified in the DMMP. No person experiencing hypoglycemia shall be left unattended or shall be sent alone to another location to receive care.
- F. Notwithstanding the other provisions in this section, an individual with diabetes may elect to perform their own diabetes care. Likewise, a parent or guardian may elect to perform diabetes care for his or her child at the program or during program-sponsored activities, or may designate a family member or friend to provide such care. The election should be made in writing and shall specify the circumstances under which the parent or guardian or designee will provide care. No parent or guardian of a child with diabetes shall be required to attend any field trip or other program-sponsored activity as a condition of having his or her child participate in that activity.

III. TRAINING

- A. Once an individual with diabetes is registered for a program and that individual or a parent/guardian indicates through completion of the DMMP that they need assistance with care at the program or program-sponsored events, the YMCA of



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Metro Chicago will insure that trained staff are available and that at least two staff members who can provide routine and emergency diabetes care will be available at all times.

- B. All employees who have responsibility for an individual with diabetes during the program or during program-sponsored activities will receive annual training (live or via videotape) covering basic information about diabetes and its management, how to recognize symptoms of hypoglycemia and hyperglycemia, and how to administer glucagon if it is specified in an individual's DMMP. The YMCA of Metro Chicago will document training dates and attendance and will provide the training documentation to an individual with diabetes or a child's parent or guardian upon request.
- C. If appropriate or requested, additional training may be provided by an individual with diabetes or a child's parent or guardian or a healthcare professional and used in conjunction with a DMMP plan provided by a physician.