

Driving, Diabetes & You

Information for Young People

Research shows that people with diabetes don't have more car accidents than anyone else. That's good news! But there are a few things you will need to know about driving and having diabetes.

Medical Conditions and Medications

New laws came into effect in Queensland on 1 March 2006, commonly known as 'Jet's Law', introducing a mandatory requirement for driver licence holders to report any long term or permanent medical conditions to Queensland Transport that may affect their ability to drive safely.

Diabetes is one of those medical conditions that Queensland Transport requires us to report (along with heart and lung conditions, arthritis etc). Diabetes has the potential to impact on your ability to drive safely particularly if it is poorly controlled. Your doctor will need to provide a certificate or medical report stating your fitness to drive.

Remember your doctor can only give you a favorable medical report if your diabetes is under control. Drivers who fail to report their medical condition may receive a maximum A\$4500 penalty or be disqualified from driving for a certain period.

Medical Reporting Forms

A number of reporting forms to help streamline the process for informing Queensland Transport of a medical condition have been developed and are available on their website at <http://www.transport.qld.gov.au>

Applying for a Learner licence

To apply for a learner licence you must:

- be at least 16 years of age
- completed the Driver Licence Application/Renewal Form (F3000)
- show suitable evidence of identity and Queensland residency documents
- pass an eyesight test, if required
- declare that you are medically fit to learn to drive the class of motor vehicle. You are required to show a medical certificate from your doctor stating that you are medically fit to drive or ride safely
- pay the road rules test fee and pass the test
- pay the required learner licence fee.

Visit the Sweet Transition website at www.sweet.org.au

Applying for a Driver's License

The Queensland Government has introduced a graduated licensing system to reduce fatalities on our roads, particularly among young drivers. The aim of the system is to encourage safer and more proficient drivers and riders.

There are **seven steps** you will need to go through to get a driver licence in Queensland. For further information go to the Queensland Transport website at <http://www.transport.qld.gov.au>.

Driving and Hypo's

Having diabetes means that hypoglycaemia (low BGL's) can occur at any time which means it could happen while you are driving. It is important to have a good knowledge about your hypo's including being able to recognise your usual symptoms.

It is a good idea to always test your BGL before starting your car. It is also a good idea to carry some 'hypo' food with you in your car.

Drink Driving and Drug Taking

It is against the law to drink alcohol and take drugs while driving. The effects of alcohol and drugs can affect your decision making and you are more likely to take risks which could lead to you having a car accident.

- Remember, if you plan on drinking or taking drugs - don't drive.
- Arrange for one of your friends (who is not drinking or taking drugs) to be the designated driver or catch a taxi home
- If you are taking insulin and drinking you are at risk of having a delayed 'hypo'

Staying Safe while Driving

- Always check your BSL before starting off
- Keep some 'hypo' food in the car – who cares if the can of coke is hot it's better than nothing
- Never drink alcohol and drive
- Never take drugs and drive
- Remember to buckle up.

Resources

Websites: <http://www.transport.qld.gov.au>

<http://www.racq.com>

Maps: The RACQ has developed **maps** for learner drivers to ensure they gain a range of experience while learning to drive. By following the routes on these maps you will practice different skills and experience a variety of driving situations These maps are available on the RACQ website <http://www.racq.com/learnerdrives>

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