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## **Developing good practices for workers with Type 1 diabetes**

About 15–20,000 people with type 1 diabetes (T1D) are currently working in Finland. T1D requires special attention in working life. The objectives of this action research were to develop good practices related to T1D for workplaces and to test the feasibility of a workshop method to develop them. Six groups were formed comprising one person with T1D, his/her supervisor, a representative from occupational health, a representative from health and safety services, and a researcher. These workshop groups developed ten different good practices: four had the aim of increasing knowledge about T1D, two aimed at developing better ways to deal with T1D in the workplace, two were related to the organisation of work to better adapt to the requirements imposed by T1D, and two focused on managing the risks associated with diabetes. By using shared expertise, it is possible to develop practices to promote the well-being of workers with T1D. A variety of practices is needed, as the tasks, workplaces, and individuals with T1D are diverse.