

Support Someone with Glut1

TIPS TO SHOW YOU CARE

Learn about the disease, ask questions, and show interest in their journey. Listen.

Check in occasionally just to see how they're doing - there's sorrow and a grieving process, and this journey remains hard even if they seem to carry the burdens well.

Host a gathering as a chance to show support and educate their circle of friends and family about Glut1 - ask the Glut1 Deficiency Foundation to send some brochures!

Practice inclusion - for the one with Glut1 and for the whole family. It is lonely and isolating.

Make time for play dates and social activities - individually or with all family members. It will mean more than you know.

Offer to babysit so parents can have some time alone occasionally.

Care for the caregivers by staying at their home and sending them off for haircuts, their own doctor appointments, taking a walk or doing a workout, meditating, or even taking a nap.

HELP PROVIDE SPECIAL OPPORTUNITIES AND ATTENTION FOR SIBLINGS.

Celebrate small but precious milestones and victories. Remember that may look different than it does for you and your family.

Go to medical appointments or school meetings. They can be overwhelming, and it helps to have an extra set of ears or an extra advocate at the table.

Volunteer to run errands or help with chores. Those things are extra hard when juggling special needs, running to appointments, or running a keto kitchen.

Learn about the basics of the keto diet - visit CharlieFoundation.org.

Help cook keto meals. Find a special recipe to try that meets or can be adapted to their diet prescription.

Host a keto cooking party to try new recipes or help batch cook and freeze meals.

Have keto-friendly options at gatherings. They love it when they can eat some of the same things everyone else is eating.

Give non-food gifts and treats for birthdays and holidays.