

# Our Commitment to Helping Manage Your Diabetes

**1. Education Is Key** – whether Diabetes is a new diagnosis or something you have lived with for many years, we believe educating yourself about Diabetes or staying abreast of new information is the most important factor in managing your condition. Our caregivers understand the restrictions that come with your diagnosis and we can help educate our clients on healthy eating and the importance of exercise. To learn more about managing your Diabetes visit: <http://www.ndep.nih.gov/publications/>

**2. Know your ABC's – A is for A1C, B is for Blood Pressure, and C is for Cholesterol.**

- **A1C** - a blood test that measures your blood sugar level over the last 3 months.
- **Blood Pressure** - force of your blood against the wall of your vessels.
- **Cholesterol** - 2 kinds, 1. LDL (bad) cholesterol builds up and clog your vessels, 2. HDL (good) helps remove the "bad" cholesterol from your blood vessels.

**Ask Your Healthcare Team:** what your A1C, blood pressure and cholesterol numbers should be.

**How We Can Help:** Our caregivers can plan and prepare meals according to your diet to ensure that your cholesterol and blood pressure stay under control.

As well they can promote exercise and activities to help to keep you active.

**3. Learning to live with Diabetes** - cope with your diabetes, eat well and be active.

- **Coping with Diabetes** - manage stress, ask questions, and take advantage of others knowledge and experience.
- **Eat Well** - educate yourself regarding healthy foods, plan ahead, and drinkwater.
- **Be Active** - set goals for activities starting off slow and building up based on your capabilities.

**Ask your healthcare team:** what recommendations they suggest for meal plans and activity levels.

**How We Can Help:** We want to remove as much stress from your life as possible. We can do so by assisting with preparing meals according to your healthcare providers instructions and promote daily activities that keep you active and moving.

**4. Get Routine Care** - Schedule appointments to meet with your healthcare team at least twice a year. Be proactive and treat problems early.

- **Each doctor visit:** check your weight, blood pressure, and feet checked as well go over your self-care plan.
- **Bi-annually:** have your A1C checked.
- **Annually:** have your cholesterol and triglyceride test, complete dental and foot exams. As well have a flu shot and blood tested to check for kidney problems.

**Ask Your Healthcare Team:** ask about these tests and what they mean.

**How We Can Help:** Compassionate Care caregivers will keep a record of your regular diabetes checkups, and as well as specialist appointments. Our caregivers will assist in tracking appointments and escorting to and from all doctors' visits. Caregivers can assist, if necessary, with brushing your teeth at least twice a day and flossing your teeth once a day. Our caregivers take skin assessments daily, especially on the feet of a diabetic client. We know that any cut or open wound can be hazardous to your health and hard to heal so we take extra special care of your feet.

## Did You Know?

You are the most important member of your healthcare team! Our caregivers' partner with you to prepare healthy meals, promote exercise, administer diabetic foot care and manage your doctors' appointments.