

Helping to care for someone with diabetes

Diabetes can be hard for people who have it. Here are some ways you can help make it easier for a family member or friend with diabetes.

Learn about diabetes

- Ask the doctor or nurse how you can learn more
- Go to a diabetes class
- Search on the Internet (see below for places to start)
- Read pamphlets containing diabetes information

Ask what you can do

Find out what your loved one needs and ways you can help. You might offer to:

- Go along to the doctor
- Go walking or dancing with them
- Cook a good, healthy meal
- Watch out for other problems with diabetes, such as not seeing clearly, foot or skin problems, or depression
- Talk about how you may feel so it can help both of you



If your family member gets very sick, you might be able to take time off from work to help. Ask your employer if you are covered by the Family and Medical Leave Act.

Get help

You don't have to do this alone. See if there is a diabetes support group where you live. Talk to the doctor if your loved one has problems or gets depressed. You can also get help from these groups:

American Association of Diabetes Educators

1-800-338-3633, www.diabeteseducator.org—help finding an educator near you

American Diabetes Association

1-800-DIABETES, www.diabetes.org—find out about diabetes care

American Dietetic Association

1-800-877-1600, www.eatright.org—find tips on healthy eating

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