

# Helping Care for Someone With Diabetes

Diabetes can be a hard disease to manage alone. Find out what you can do to help a family member or friend with diabetes.

## Learn about diabetes

- Offer to join your loved one at their next healthcare provider visit.
- Join a support group for care takers.
- Search the web for information about diabetes.

Here are some places to start:

- **American Diabetes Association\***  
800-DIABETES, [www.diabetes.org](http://www.diabetes.org)—find out about diabetes care
- **National Diabetes Education Program\***  
1-888-693-NDEP, [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) - find out more about diabetes



- Other: \_\_\_\_\_

## Ask your loved one about how they manage their diabetes

- Ask what, if anything, makes diabetes hard to manage.
- Ask what helps to meet blood sugar goals.
- Ask if there are any self-care tasks that are hard to do.  
 \_\_\_ Testing blood sugar    \_\_\_ Checking feet every day    \_\_\_ Planning and cooking healthy meals
- Other: \_\_\_\_\_

## Ask how you can help

In the chart below, write down what your loved one needs and how you can help.

WHAT YOUR LOVED ONE NEEDS...	HOW YOU CAN HELP...
<i>Example:</i> Help with meal planning and exercise.	<i>Example:</i> Shop for healthy foods. Cook a healthy meal. Help them stay active—go walking or bicycling with them.

## Things to watch for

- Watch out for signs of health problems, such as:  
 \_\_\_ Not seeing clearly    \_\_\_ Foot or skin problems    \_\_\_ Feeling down or blue
- Take care of yourself  
 \_\_\_ Talk with others    \_\_\_ Join a support group for care takers

**Remember, you can play a big part in helping your loved one live with diabetes.**

\*The resources listed above are administered by independent third parties not affiliated with or endorsed by GlaxoSmithKline. GlaxoSmithKline is not responsible for the contents of these resources. All contents of these resources and all trademarks relating to them are the property of the respective third-party owners.

