



## SIMPLE TIPS

## GUIDE FOR CAREGIVERS OF PEOPLE WITH DIABETES



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*It is important to have a good understanding of your loved one's diabetes, show your support, see what it feels like to walk in their shoes and, of course, take care of yourself.*

**Educate yourself.** In addition to the information received from the healthcare provider, be sure to educate yourself too. There are several reputable diabetes websites to use as resources such as the American Diabetes Association ([www.diabetes.org](http://www.diabetes.org)), the National Diabetes Education Program ([www.ndep.nih.gov](http://www.ndep.nih.gov)), and the Centers for Disease Control Public Health Resource ([www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)). Also visit the "Live My Life" section of [simplewins.com](http://simplewins.com) for a free copy of the Dr. Stephen Covey Booklet *7 Habits of Highly Effective People with Diabetes*.\*

- Learn about your loved one's specific type of diabetes, medications, nutrition and fitness plan and how they monitor their diabetes.
- Understand that healthy eating with diabetes includes moderate portions of a wide variety of foods such as whole grains, fruits, vegetables, beans, low or non-fat dairy, lean meats, poultry and fish. Special foods are not usually necessary for people living with diabetes.
- Learn how to recognize and treat symptoms of both low and high blood glucose levels.

**Be supportive.** Support them by asking how you can help them manage their diabetes.

- Support your loved one's quest to eat healthier. Share and prepare healthy meals together.
- Exercise together.
- Accompany them to healthcare provider appointments.
- Offer to pick up supplies or prescriptions at the drug store for them.

**Be empathetic.** Get a small glimpse of what it feels like to live with diabetes.

- Take a few days to test your blood glucose levels, eat healthy meals, exercise and keep a written log of all of your activities.

**Take care of yourself.** Being a caregiver may be stressful.

- Eat healthy and exercise regularly. Utilize stress management techniques such as getting enough sleep, meditation, yoga, writing in a journal, talking to a friend, or listening to music.





\*Booklet only available while supplies last.

“As a certified diabetes educator, I have seen the positive impact of caregiver involvement on the diabetes management of loved ones.” — Meredith Liss, MA, RD, CDN, CDE

Making a difference in the life of your loved one — now that's a Simple Win!  
Helping your loved one manage their diabetes — now that's a Simple Win!  
Showing your loved one support to help them manage their diabetes — now that's a Simple Win!

References: American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)  
National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)

