

Diabetes Management Becomes More Complex at Home.

Living with diabetes requires consistent routines: meals, medications, hydration, mobility, and safety. Even when instructions are clear in the clinic, daily barriers at home often disrupt them.

COMMON CHALLENGES FOR ADULTS LIVING WITH DIABETES

- ☐ Forgetting glucose checks or medication times
- ☐ Skipping meals or eating irregularly
- ☐ Difficulty preparing balanced meals
- ☐ Neuropathy increasing fall risk
- ☐ Vision challenges affecting ability to follow instructions
- ☐ Family caregivers struggling to provide daily oversight
- ☐ Not recognizing when routines are slipping



IN-HOME CARE MODEL

Caregivers do not perform clinical diabetes care (no blood sugar checks or insulin administration) but rather support routines that reinforce the medical provider's plan.

BENEFITS OF NON-MEDICAL CARE

- ✓ **Medication adherence support** — Gentle reminders help reduce missed doses
- ✓ **Diabetic-friendly meals** — Assistance with grocery shopping and meal preparation following appropriate dietary guidelines
- ✓ **Foot visualization** — Caregivers monitor for cuts, redness, or swelling
- ✓ **Fall risk reduction and safety** — Assistance with walking, transfers, and mobility around the home
- ✓ **Caregiver relief** — Professional support allows families to maintain their own health

Alzheimer's & Dementia Experts

JANE'S STORY:

Mom kept telling us she was 'fine,' but her routines were slipping. She was skipping meals, forgetting her medications, and her kitchen wasn't stocked.

Once Barbara her caregiver started helping, meals were regular again, reminders were consistent, and Mom felt supported rather than embarrassed. For the first time in months, I wasn't worried all day and she regained her confidence."



IS IT TIME FOR SUPPORT?

Ask yourself:

- Are meals or medications sometimes missed?
- Is your loved one less steady or more isolated?
- Is the daily routine harder to maintain alone?
- Are you, as a family caregiver, overwhelmed?

If yes, supportive care may help.

START WITH A CALL

We will:

- ✓ Listen to concerns and needs
- ✓ Discuss daily routine and challenges
- ✓ Recommend care options that may help
- ✓ Provide information about services
- ✓ Answer questions about next steps

**No obligation. No pressure. Just answers.
Call us at: 502-718-8727**