



## 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**

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