

PREPARING YOUR VILLAGE: FAMILY, FRIENDS & DIABETES



Here are some general tips you can share with family and friends to help them support you in managing your diabetes journey:

Mental health conditions like diabetes burnout can take their toll on your loved one. If you notice them being more careless about monitoring their blood sugar or overwhelmed about taking care of themselves lovingly, nudge them toward healthy stress relievers.

Ask your friend or relative how you can help, and then listen to what they say.

Learn about diabetes causes, symptoms, treatments, and medications.

Go to appointments if it's OK with your relative or friend.

Avoid blame. Many people with type 2 diabetes are overweight, but being overweight is just one of several factors involved. And blood sugar levels can be hard to control even with a healthy diet and regular physical activity.

Walk the talk. Follow the same healthy food and fitness plan as your loved one; it's good for your health too.

Know the lows. Hypoglycemia (low blood sugar) can be serious and needs to be treated immediately. Symptoms vary, so be sure to know your friend's or relative's specific signs, which could include:

- Shakiness
- Hunger or nausea
- Blurred vision
- Weakness or fatigue
- Nervousness or anxiety
- Sweating, chills, or clamminess
- Irritability or impatience
- Anger, stubbornness, or sadness

Accept the ups and downs. Moods can change with blood sugar levels, from happy to sad to irritable.

Be encouraging. Remind them of their successes. Point out how proud you are of their progress.

Try not to nag or lecture them about their habits.

Give them time or help them find time in their daily schedule so they can manage their diabetes.