

Supporting Those Who Support You

Studies show us that folks with chronic diseases do better when they have support from friends or family. We know that not all “support” or “caregivers” are helpful. Some people might enjoy having everything watched over, while others may only want help when they ask for it.

There are times when caregivers can upset you with the help they offer. They may irritate or embarrass you at times with their help. It can happen because they don't really understand diabetes or they are not sure how to help you.

Here's how you can help those who try to help you!

- ** Educate your caregiver about diabetes. Better yet, **learn together!**
- ** **Decide** how you want your caregiver to help.
- ** **Ask** them directly for help and teach them how to give it.
- ** If you don't know how, **reach out** together to learn.

Here's what you and your caregiver need to do

- ** Understand diabetes. Again, **learn together**, if you can.
- ** **Listen** to what you both feel and think.
- ** **Make changes** you can both agree on, like taking a walk, Making healthier food choices or taking medications. Make it a doable change.
- ** **Talk** about worries or concerns you and they may have.
- ** **Avoid blaming** one another for high or low blood sugar numbers. Instead, **focus on problem solving**.
- ** **Reach out** to you diabetes care team (patient educators, doctors, diabetes educator or dietician) Help them help you.

Sometimes there is really nothing that a caregiver can do for you or you for them. Sometimes, a hug, a kind word or simply a “thank you” is what is best to help each other, especially during the most frustrating of times.

Remember to reach out to your diabetes team: your doctor, diabetes nurse, patient educator or dietician. **We are here to help**

