

# NOW WHAT caring for someone with type 2 diabetes

The El Paso community has high rates of diabetes. Compared to Texas' 13%, in El Paso, 17% of the community is diagnosed with diabetes. People living with type 2 diabetes are insulin resistant, which can lead to a reduction in insulin production over time. Knowing your A1C and your risks, as well as identifying symptoms such as increased thirst and hunger, frequent urination, fatigue, blurry vision, are critical in managing your diabetes.

**FACTS FIRST:** To support someone with diabetes, you may want to educate yourself on diabetes, and share how much and what you can do to support the individual. An excellent place to start is by talking to the person.

## ACT ON THE FACTS:

- 1. Be supportive** – The risk of type 2 diabetes complications increases when blood glucose is not managed correctly over a long period of time. It can be frustrating when a person with diabetes makes unhealthy choices, yet there is a fine line between nagging and providing support.
  - a. Try starting a “safe” conversation to talk about feelings and needs.
    - i. Ex. Ask the person with diabetes if it is okay to talk to them about their diagnosis.
    - ii. Ex. Agree on areas of how to be helpful to the person with diabetes.
    - iii. Ex. Plan how to best accomplish managing diabetes with your support.
- 2. Stay educated** – Attend a Diabetes Support group or cooking class to learn more about supporting your friend or loved one.
  - a. Understand what to do with high and low blood sugars. Attending a diabetes self-management education class may help you in a critical situation.
- 3. Build a village** – Offer to attend doctor's appointments. Going to the doctor can be overwhelming for a person with diabetes, and having support to take notes can help when they later try to recall the information.
- 4. Get creative** – This is the time to be a team and find a way to start new healthy habits together.
- 5. Care for yourself** – Don't forget to care for yourself. Being there for someone can sometimes mean we end up putting ourselves second. Your own health and well-being are just as much a priority.
  - a. Practice mindful breathing.
  - b. Give yourself a break.
  - c. Accept help from others.

### Questions to activate:



When is your loved one or friend's next doctor's appointment?

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What are the signs of high and low blood sugar?

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What is one creative way, you can support your friend or loved one with diabetes?

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**YOU'RE NOT ALONE!**



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://EPDIABETES.ORG/NOW-WHAT/)