



**Our Lady
of Peace**

HOSPICE & HOME HEALTH CARE

HOME HEALTH CARE SUPPORTS DIABETES MANAGEMENT

Our Lady of Peace Education Series

If you're stressed about managing your type 1 or type 2 diabetes on your own, you may want to consider getting some help from Our Lady of Peace Home Health Care. It's covered by Medicare, along with supplies, and can help to free you from worry. You probably already know that stress can increase insulin resistance and lead to high blood sugar levels. It can be calming to know there's someone at your side to help, keeping track of your numbers, and guiding you through the process.

Good nutrition

Good nutrition is critical for managing diabetes, and once again, it's good to have the support of a professional who can guide you on healthy eating, while also educating members of your family. Your home health care team will stress and monitor a healthy diet, low in concentrated carbohydrates and sweets, and will teach you how to recognize the signs and symptoms of hyperglycemia (too high blood glucose level) and hypoglycemia (too low blood glucose level) and how to treat them.

Managing medications

A skilled home care nurse can also manage your medications and educate you and your family on how to administer them. They will also tune into any health issues that arise because of your diabetes, catching them earlier, so they don't get worse. For example, they might encourage you to schedule regular foot exams to avoid common complications of diabetes. They will also take and document your blood pressure and pulse, check your breathing, and keep tabs on your weight.

Regular aerobic exercise lowers blood sugar, and you shouldn't go for more than two days without exercising. Your home health care team can help you determine the best kind of exercise for you. They can also schedule a physical therapist, if needed.



Let's recap the benefits of home health care for managing diabetes:

1. Manage medication
2. Monitor and promote good nutrition
3. Take and chart your vital signs
4. Help you keep track of your numbers
5. Instruction for testing, injections, and oral medications
6. Watch for complications that arise from the disease
7. Recommend and help implement an exercise plan
8. Schedule additional services like physical therapy, when needed
9. Educate you and your family on care
10. Provide positive feedback and encouragement



Home health care can help you keep your diabetes under control, to regain and maintain a healthy lifestyle.



We're here for you.

We are passionate about community outreach.
We would love to meet you and discuss how
Our Lady of Peace can be a resource for you.

651-789-5030

