



Diabetes

Uncle Charlie has diabetes, and the 79-year-old widower landed in the hospital with a foot sore. The doctor was helpful, as were the nurses. When it came time for Uncle Charlie's nephews to take him home, the doctor and hospital caseworker spent a considerable amount of time talking to Uncle Charlie and his nephews about the "transition" back home.

They told Uncle Charlie that if he followed their suggested treatment plan, a return trip to the hospital might be avoided. His doctor also told him that it is estimated that 15 per cent or 345,000 of Canadians living with diabetes will develop a diabetic foot ulcer in their lifetime.* But that recent research showed that people who are active actually reduced their risk for ulceration and recurring foot sores. His medical team summed it up by saying, "please eat better, make sure you take your medications, use your exercise bike or walk more and don't forget to arrange for rides to your follow-up doctors' appointments."

Uncle Charlie's nephews lived miles away, so he needed to look for help on a daily basis. They contacted their local Home Instead Senior Care® office to assist Uncle Charlie in trying to recover at home. Home Instead Senior Care can help a senior transition safely home from a hospital or facility through the organization's Returning HomeSM Program.

* <http://cawc.net/index.php/public/facts-stats-and-tools/statistics/>

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Returning HomeSM

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How a Home Instead CAREGiver can help

Nutrition Management: Since diet is a major issue for diabetics, a Home Instead CAREGiver can help with grocery shopping and meal preparation. Preparing healthy meals for a senior offers opportunities to interact with the client as well as a chance to observe and record the client's food intake.

Medication Reminders: A Home Instead CAREGiver can pick up prescriptions and refills, and oversee medication reminders to help reduce the risk of a medication mishap. A Home Instead CAREGiver can also make a note of any reactions or side effects so they can be addressed during a doctor's appointment or, if needed, alert the doctor immediately.

Exercise and Activity: People with diabetes are often urged to maintain a daily regime of simple at-home activity or walking. A Home Instead CAREGiver can remind and encourage a client to stay on schedule with exercising. Light housekeeping and assistance with bathing, dressing and toileting are other services that may be available.

Excessive Emotional Stress or Depression: It's fairly common for a senior to become anxious or depressed after returning from the hospital; in fact, experts link depression and diabetes. A Home Instead CAREGiver's companionship can help with the emotional battle of controlling diabetes, and a can alert family members or the client's doctor if signs of depression appear.

Keeping Record: Many senior loved ones will be required to record their weight in a diary every morning. A Home Instead CAREGiver can be instrumental in helping a senior track important measurables.

Doctor Appointments: Follow-up visits to doctors are often required to ensure that seniors manage their diabetes effectively. Trips to a diabetic wound clinic are often necessary. A Home Instead CAREGiver can track scheduled appointments, prepare a client for the trip and provide transportation.



For more information contact your local
Home Instead Senior Care® office at
888.484.5759
or visit ReturningHome.com

Returning HomeSM

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