



Diabetes

Uncle Charlie has diabetes, and the 79-year-old widower landed in the hospital with a foot sore. The doctor was great, and so were the nurses and the treatments. Then it came time for Uncle Charlie's nephews to take him home. Before the departure, a 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 they hoped to keep him from returning to the hospital for as long as possible. They restated something that he already knew: Foot complications are the most frequent reason for hospitalization in patients with diabetes, accounting for up to 25 percent of all diabetic admissions in the United States and Great Britain.*

They also told Uncle Charlie that recent research showed that weight-bearing exercise does not increase the risk for foot ulcers, and that those people who were the most active actually reduced their risk for ulceration.

"Charlie," his medical team summed it all up, "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, who run a busy restaurant about 100 miles away, began to look for a way to help him on a daily basis.

So they contacted the local Home Instead Senior Care® office to assist Uncle Charlie in trying to recover at home from the effects of diabetes. Home Instead Senior Care can help a senior transition safely home from a hospital or facility through the organization's Returning HomeSM Program.

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** Diabetic Foot Ulcers: Prevention, Diagnosis and Classification; online at aafp.org/afp/1998/0315/p1325.html*



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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How a Home Instead CAREGiver can help

Nutrition Management: Since diet is a major issue for diabetics, a CAREGiverSM 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 CAREGiver can pick up prescriptions and refills, and oversee medication reminders to help reduce the risk of a medication mishap. A CAREGiver also could 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: Diabetics are often urged to maintain a daily regime of simple at-home activity or walking. A 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 not uncommon for a senior loved one to become anxious or depressed after returning from the hospital; in fact, experts link depression and diabetes. A CAREGiver's companionship can help with that aspect in the battle to control diabetes, and a CAREGiver can alert family members or the client's doctor if signs of depression appear.

Keeping Records: Many senior loved ones will be required to keep a medical diary that can be shown to a health care provider. A CAREGiver can be instrumental in helping a senior track important measurables such as blood glucose levels and consistency of exercising.

Doctor Appointments: Follow-up visits to doctors are often required to ensure that an older adult manages his diabetes effectively. Trips to a diabetic wound clinic often are necessary. A CAREGiver can track scheduled appointments, prepare a client for the trip and provide transportation to wherever the senior loved one needs to go.



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