

Family Support for Those with Sugar Diabetes



Diabetes and Family Routines

When the doctor said your family member had diabetes, a couple of things might have come into your head. Some people have said:

- “I am not surprised; other people in the family have it too.”
- “Oh no, what kinds of things are we going to have to do?”
- “I don’t know anything about diabetes.”
- “I am worried, what does this mean for our family?”

Since then you have probably had many other thoughts! Maybe you tried to talk to your family member about what you think and how you feel. When a family member has sugar or diabetes, it can change the life of others in the family who do not have diabetes.

If you are the person with diabetes, think back to the time when you were first told you had diabetes. What did you think?

- “I knew I might get sugar, I should have taken better care of myself.”
- “Why me? Why now?”
- “I don’t know how I am going to make these changes.”

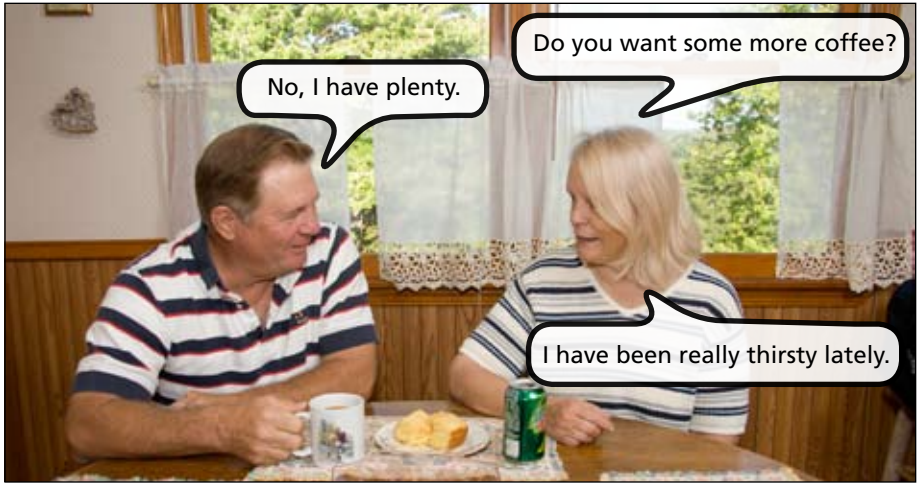
Maybe you were angry, sad, mad, afraid, or you just didn’t believe it. Whatever you thought, you knew that things needed to change!

Making change is not easy! In fact, being told you have diabetes can be hard for everyone. You think about things like what you are eating, taking special pills or medicine, being active, and going to the doctor more. Your family needs to think about these things too. Diabetes is a disease that can be managed; family can help. When families work together they can plan for changes and set goals.

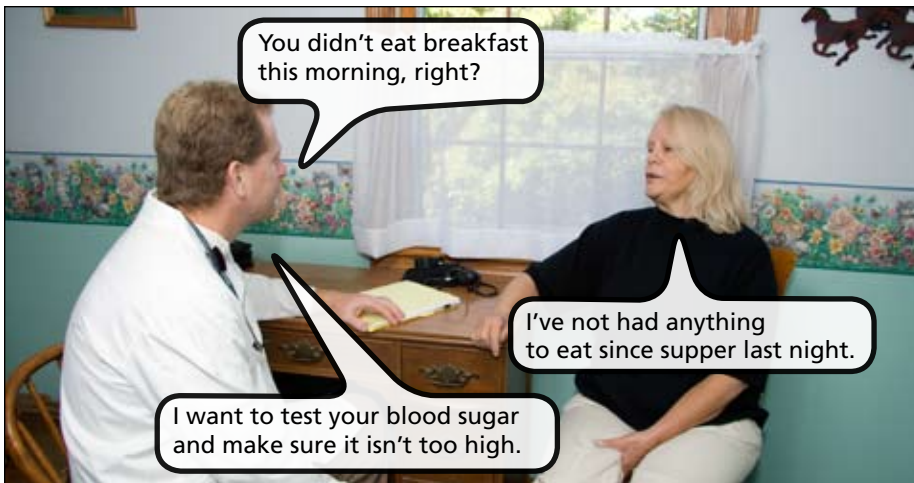
Family support is important! Talk to your family members to find the best ways they can help.

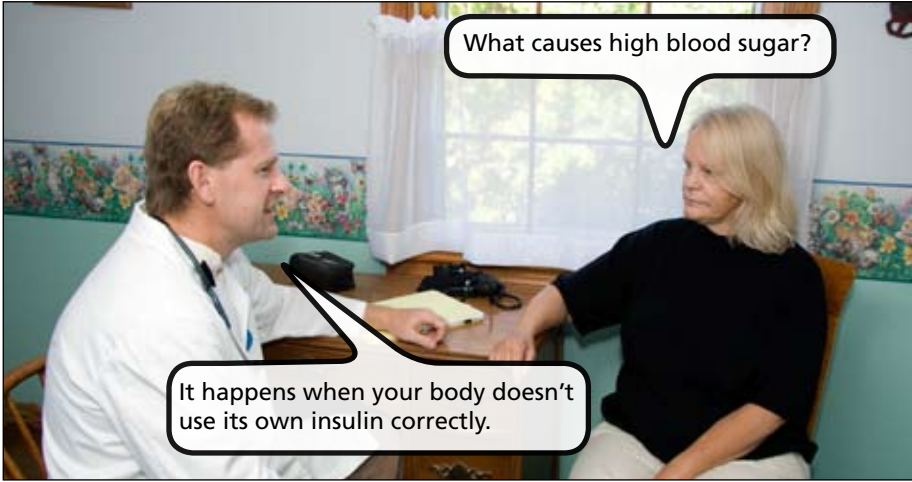
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... One morning

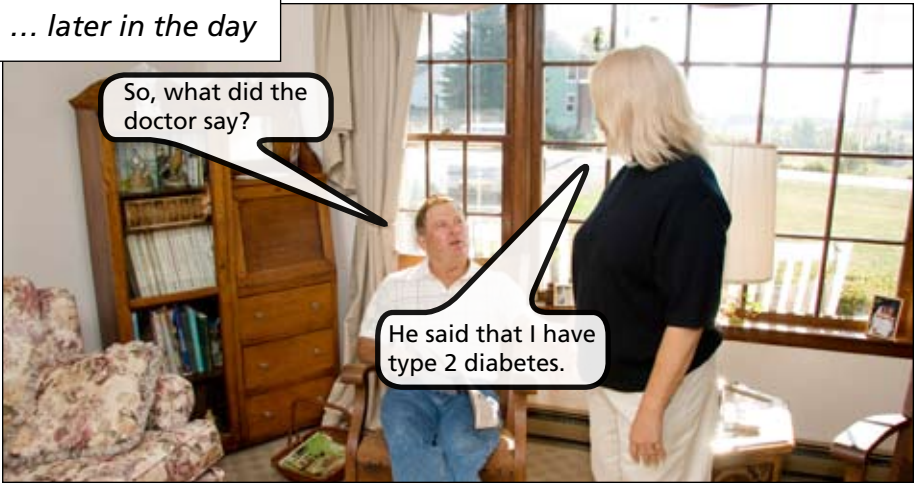


... Next morning





... later in the day



... a little while later

Let's talk about this!

I'm scared! My doctor said that high blood sugars could cause problems like heart disease and kidney or eye problems.

Do you have those problems now?

No, the doctor said I was okay. But, I need to make some major changes, watch my diet and be more active.

How can I help you?

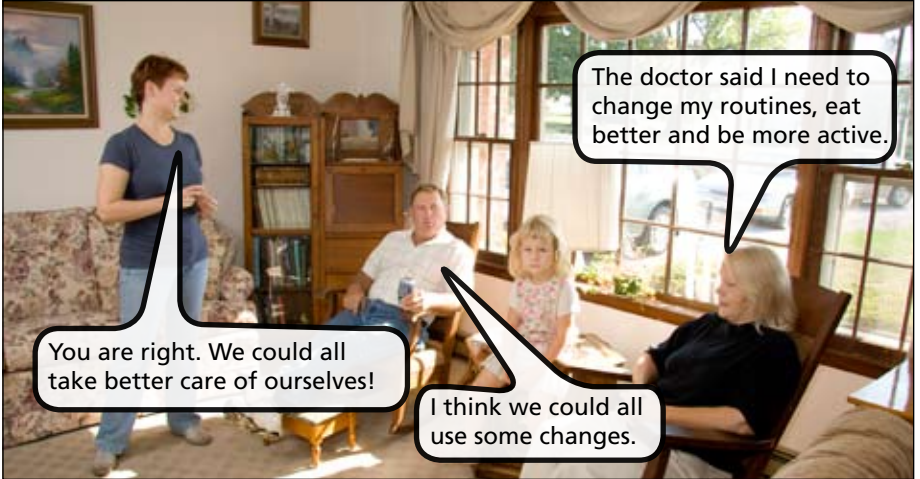
Here comes Sandy. Do you want to tell her about your sugar?

Yes, I'll need her support. It is important that she and Sarah understand.





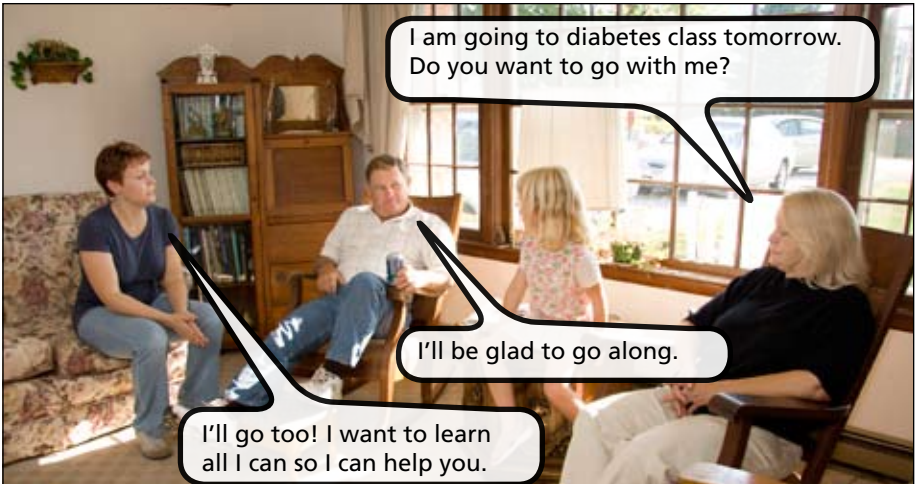
Mom, we all love you very much. What can we do to help?



The doctor said I need to change my routines, eat better and be more active.

You are right. We could all take better care of ourselves!

I think we could all use some changes.



I am going to diabetes class tomorrow. Do you want to go with me?

I'll be glad to go along.

I'll go too! I want to learn all I can so I can help you.

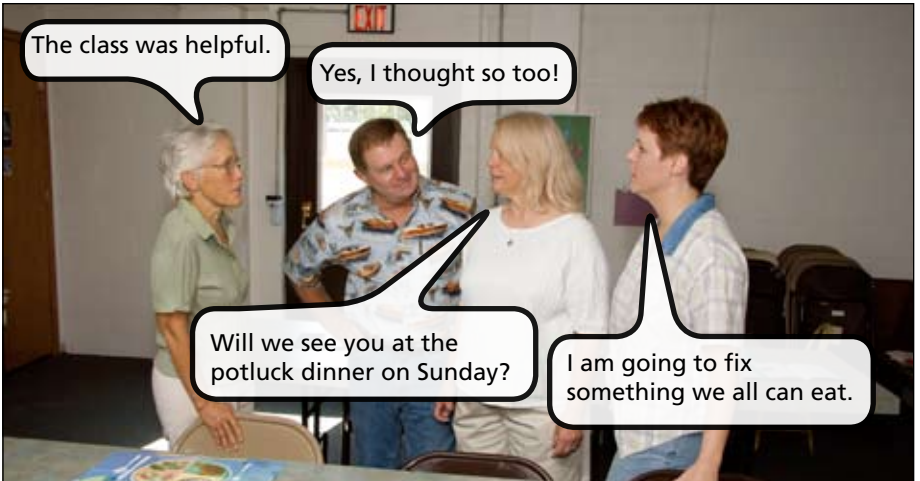




Hello, we're going to talk about how to make some positive life changes.



Changing old habits can be hard. You will need to choose healthy foods and watch how much you eat.



The class was helpful.

Yes, I thought so too!

Will we see you at the potluck dinner on Sunday?

I am going to fix something we all can eat.



I learned so much! I know more about the amounts to eat, what foods to watch, and how to read labels.

Me too!

... the next day



I learned some new things at the class yesterday. I'm glad I went!

It was good. Maybe we can help each other with tips from the class.



I think we need to look at what foods are in the house.

I know we have things we should eat less often.



I don't like many vegetables, only potatoes, corn, and beans.

We learned that they have starch and it raises your blood sugar. We just need to eat less of some things.



I am going to look in the cupboards to see what we need to buy at the store. We should make some meal plans.

That's a great idea! I'll help you.



We should get rid of all this junk food!

Let's just keep the chips, I don't eat them much. They won't tempt me!









I think we have made some good choices.

... after dinner



That chicken was really good. I think baked food tastes fine.

It will be better for us both if we don't eat fried foods.

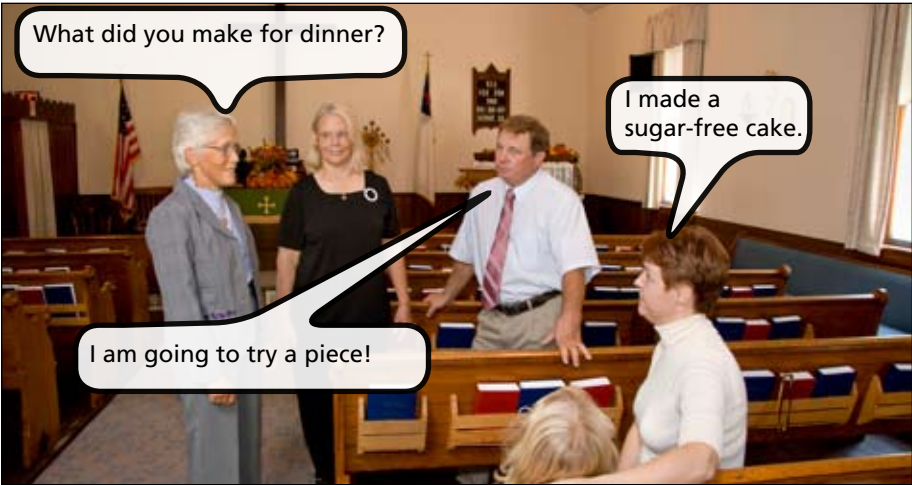
... Sunday morning



Why don't we walk to church?

It is not very far.

We can all use more exercise.





Stories to Tell

Every person with diabetes has a story to tell and each story is different. Living with diabetes is not something you do alone. Those with diabetes share many things with family members. Sometimes family does not know how to help the person. They may not understand about the disease. They may not be sure about what to do or what not do. Families can learn together about diabetes care. Talking to each another is a good way to start!!

Often people with diabetes think it is their disease. They think that they should take care of everything alone. Some people feel ashamed or upset that they have the disease and may try to hide it and not let anyone know when they are sick. Some people think it is their fault and do not ask for help. Others do not want to tell anyone. People with diabetes need their family to know all about their disease. Talking helps. Families can learn how to take care of diabetes together.

Diabetes is often due to hereditary. This means it can be passed on to others people in your family just because they are related to you. It often results from the way we live and our habits. Diabetes is a 'family disease.'

A person living with diabetes has to change some daily habits. Some new ways to live need to be learned. Families can help. People with diabetes need to tell family members the kind of things that can help most. Diabetes can be prevented. People with sugar or diabetes can live long lives. Spread the message, families can help!

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