

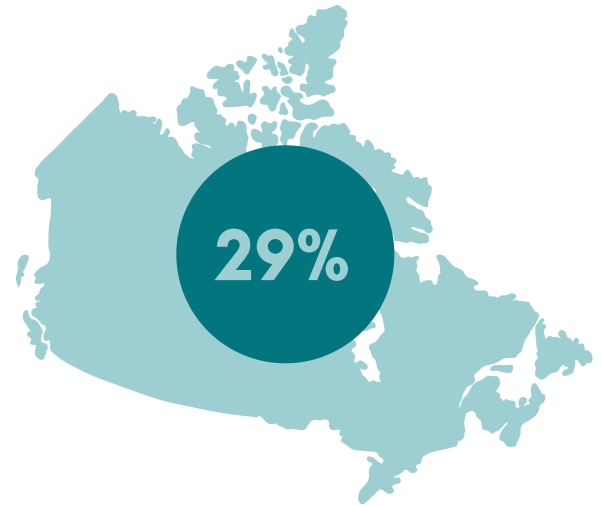
# Diabetes and you

Taking a closer look at  
living with and caring  
for those affected by  
diabetes



# Diabetes in Canada

**29% of the Canadian population lives with some form of diabetes**



**The mortality rate among Canadians with diabetes is 2x as high as the rate for those without.**

**1 in 10 female Canadians is diagnosed with gestational diabetes.**



NOT USING OUR SERVICES ALREADY ?

# GET AFFORDABLE HIGH-QUALITY LIVE-IN CARE

We help you find and manage carefully screened and experienced professional live-in caregivers for your loved ones.

**1-855-410-7971**  
**WWW.CONSIDRACARE.COM**

## WHY USE US ?

- Affordable with no upfront costs or commitments
- Fully vetted caregivers
- Families choose who to hire
- Trial period
- Backup care
- Monthly check-ins to review and update the care plan
- Ongoing caregiver training
- We do payroll, taxes and WSIB
- State-of-the-art platform to guide caregivers and keep you connected with them



# 1. What is diabetes?

**Diabetes is a disease in which one's body can not either produce sufficient insulin or effectively utilize the insulin it does produce. Insulin is a hormone produced by your pancreas. Its role is to regulate the amount of glucose (sugar) in your blood. Regulating blood sugar is of utmost importance - too much blood sugar can cause damage to your organs, blood vessels and nerves. Conversely, too little blood sugar can result in excessive fatigue and organ failure.**

## Types of Diabetes

### 1. Gestational diabetes

Gestational diabetes is a temporary form of diabetes that occurs during pregnancy. 3-20% of women develop it during pregnancy. Typically, blood sugar levels in women with gestational diabetes return to normal post-delivery. However, these women typically are at higher risk of being diagnosed with type 2 diabetes.

### 2. Prediabetes

Prediabetes occurs when glucose levels are much higher than they should be but are not high enough to amount to a diabetes diagnosis. Most people with prediabetes will eventually be diagnosed with Type 2 diabetes.

### 3. Type 1 diabetes

Type 1 diabetes is an autoimmune disease in which the body attacks pancreas cells, inhibiting them from producing their own insulin. Type 1 diabetes is also referred to as insulin-dependent diabetes and generally develops in childhood or adolescence.

### 4. Type 2 diabetes

Type 2 diabetes occurs when an individual's body does not naturally produce enough insulin or is not able to use the insulin it does produce effectively. This type is more common amongst the older population.

# What are the early warning signs of type 1 and type 2 diabetes?

**Although type 1 and type 2 diseases are similar in the symptoms they manifest, each type has its own set of differentiable, early warning signs. It often takes time for individuals to recognize these warning signs, which makes it seem like signs and symptoms of diabetes appear suddenly. The early warning signs of diabetes can differ from person to person.**

## Type 1 Diabetes

- Sudden onset of fatigue
- General weakness in the joints and body
- Increased urination (can result in bed-wetting in children)
- Feelings of extreme hunger throughout the day
- Unexplained weight loss
- Blurred vision throughout the day - particularly in the mornings
- Increased feelings of thirst throughout the day
- Slow-healing cuts/wounds/bruises
- Noticeable mood changes (increased irritability, frustration, etc.)

## Type 2 Diabetes

- Constant feelings of extreme hunger/thirst
- Extreme fatigue and exhaustion throughout the day
- Pain, numbness and/or tingling in feet and hands
- Frequent yeast infections
- Increased urination, often at night
- Velvety, dark patches of skin in the creases of the groin, neck and/or armpits
- Increased susceptibility to infections
- Increased feelings of anxiety or irritability
- Extreme dryness in and around the mouth and lips

## 2. What questions should you ask your doctor about diabetes?

If you are diagnosed with diabetes, consistent communication between yourself and your doctor(s) and caregiver(s) is of utmost importance. This will help in your understanding of your condition and will help physicians identify the treatment plan best suited for you. Here are some questions you can ask your physician following a diabetes diagnosis:

### Key Questions to Ask Your Doctor

- How often should I test my blood sugar levels?
- Am I currently at risk for any other serious medical conditions due to my diabetes?
- Will insulin injections be a part of my treatment? If so, are there any side effects?
- Are there any other medications I should take?
- Will a change in my lifestyle help me in managing my diabetes?
- What foods should I avoid eating? Are sweets still safe for me to eat?
- How will I know if and when my blood sugar is too high/low? When should I seek
- When do I need your care vs emergency care?
- Should I arrange an appointment with a specialist to help monitor my diabetes? If so, can you please give me a referral(s)?
- Can you recommend any diabetes support groups online/in my area?



# 3. How can diabetes impact an individual?

**In addition to a lack of adequate insulin, dementia can affect other aspects of life, especially mentally and emotionally. The following are some of the ways dementia can affect you:**

## Daily Life

For many people, diabetes affects many aspects of their day-to-day lives. Managing diabetes is like a full-time job; you have to check your blood sugar daily, administer insulin regularly and pay close attention to your diet. As a result, you may struggle to balance your diabetes-related responsibilities. You may also find it difficult to partake in energy-extensive activities (playing with friends, going on a walk, etc.) due to fluctuating blood glucose levels.

## Emotional Well-Being

Diabetes doesn't just affect you physically, it can affect you emotionally too. Every diabetes diagnosis is accompanied by a set of responsibilities and extreme pressure to maintain your health and monitor your condition – oftentimes, this leads to immense stress that can adversely affect an individual's mental health. Due to fluctuating energy levels, you may have to opt-out of family outings/activities. This can increase feelings of loneliness, and once again, negatively impact mental health.



# What are the ways in which one can cope with living with diabetes?

**Any diabetes diagnosis can be quite stressful, but you do not need to panic. With the correct support, care and lifestyle changes, you can still preserve your quality of life and prevent the condition from worsening. The following are a few tips for living with diabetes:**

## 1. Be prepared

Diabetes can be unpredictable at times. Make sure you:

- Carry an emergency kit when you are away from home (includes insulin, glucose monitor + other medications)
- Administer blood-sugar test before travelling anywhere - it is better safe than sorry

## 2. Maintain a healthy diet

Your diet is pivotal in the management of your diabetes. It is so important to:

- Eat well-balanced meals
- Avoid extremely sugary foods and beverages
- Control portions and pay attention to the carbs in your diet
- Stay hydrated!

## 3. Exercise!

Keeping fit is always a good idea, especially if you have diabetes.

- Set attainable goals
- Monitor your blood-sugar levels before and after exercise - make sure it does not get too low
- Consult your doctor to figure out which exercise types are best-suited for you

## 4. Manage your stress

The hormones your body generates when you are stressed can increase blood sugar levels. If you have diabetes, try to manage your stress by:

- Talking to someone you trust
- Avoiding over-scheduling your days
- Allotting time in your day for hobbies or calming practices



# 4. Caregiving and diabetes

**Caring for someone with diabetes can be quite a challenge. Here are some expert tips on how to provide day-to-day care for someone with diabetes:**

## 1. Maintain a schedule

Scheduling can help eradicate some of the stress a loved one may feel with diabetes. Make sure your loved one is monitoring and recording blood glucose levels daily. It is helpful to establish a set time every day for this task. Some high-energy activities should be scheduled post-mealtime so that energy levels are relatively high.

## 2. Help in the maintenance of a healthy diet

It is important for those with diabetes to keep their blood sugar levels stable throughout the day. It is best to schedule well-balanced meals at set times. These meals should include all food groups and be accompanied by a glass of water. Provide healthy snack options between mealtimes.



## 3. Grooming and bathing

People with diabetes are more likely to experience problems with their mouth and skin. Make sure loved ones brush with a soft-bristled brush after every meal, and floss at least once a day. Mild soap and warm (not hot) baths or showers are best to prevent dry skin. Make sure to use a doctor-approved moisturizer on the face and body.

## 4. Foot care

Individuals with diabetes are very susceptible to foot problems. Examine your loved one's feet regularly and keep them clean and dry at all times. Make sure loved ones don't wear shoes/socks that are too tight - opt for soft leather, lace-up shoes with cushioned soles for good support.

# How can ConsidraCare help?

Chronic diseases can be a challenge, especially for seniors, but with proper care, it may be possible to maintain a healthy and happy lifestyle.

Our care experts can help you assess your needs and match you or your loved one with a screened, professional and dedicated live-in caregiver experienced in providing care for common chronic conditions. We also provide you, your family and your caregiver with tools and support to deliver an affordable and superior alternative to long-term care facilities.

Why is ConsidraCare's live-in home care a better alternative ?



## **Consistent, 1-on-1 personal care**

Carefully screened and vetted caregivers matched with your loved one's care needs. Primary caregivers stay with the loved one at least 75% of the time.



## **Families stay in control**

We recommend but the families choose who to hire, get a trial period and engage directly with caregivers through our smart platform.



## **Cost-effective, high-quality care**

More affordable than hourly agencies and assisted living facilities, with faster caregiver placement and higher quality of care.



## **We have your back**

We assist with hiring, planning of care and daily tasks, payroll, taxes, WSIB, backup care and more, and are always on hand to help.

Call us now for a free consultation from our dementia care experts

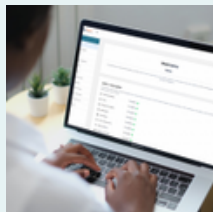
**1-855-410-7971**

**wecare@considracare.com**

**www.considracare.com**

# How does ConsidraCare work?

ConsidraCare places dedicated live-in care professionals within the homes of seniors , and provides their families and caregivers with a state-of-the art- platform to improve collaboration, increase visibility and improve the delivery of care.



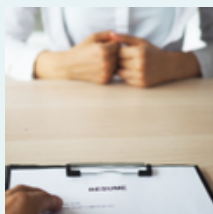
## 1. Needs assessment

We first work with families to identify their care needs and build a detailed care plan for the loved ones.



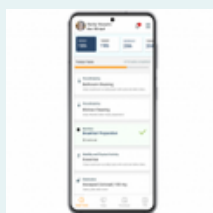
## 2. Caregiver matching

We match live-in caregivers from our pool of pre-screened caregivers with the loved ones' specific needs and personality, and arrange the interviews with the caregivers short-listed by families.



## 3. Hiring and trial period

We assist with the logistics of hiring and orienting the caregiver and setting up accounts for CRA, WSIB and payroll processing. The first week is a trial period to allow the families and caregivers to get comfortable with each other.



## 4. Ongoing care management

Families and caregivers use the ConsidraCare platform to coordinate care planning, daily tasks and timesheets. We take care of payroll, updating care plans, monitoring care delivery and assisting the caregivers and families with addressing any issues.



## 5. Backup and respite for the caregiver

Every few weeks, we arrange for a back-up caregiver to give the primary caregiver a respite break. Backup caregivers can also be provided to cover the primary caregivers when they take vacation.

Call us and we would be happy to help with your care needs

**1-855-410-7971**

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