

# GOOD SUPPORT FOR MY HEALTH

## about my health...

I am concerned about my diabetes.

### day to day supports I need to be as healthy as I can

Going to appointments on time, taking meds as prescribed, checking blood sugars as recommended by his dr.

When I am feeling well I am usually:

Telling lots of jokes, outgoing, talkative, energetic, people person

### Support I need or want on bad days

Supports I need and/or want:

Prevention - proactive:

- Reminders to sticking to my diabetic dietary needs, taking time to check my blood/sugar at least 3 times a day
- Help with keeping track - Making sure my labs are done every quarter
- Reminders to take care of my feet by wearing my orthotic insoles with every pair of shoes, everyday
- Checking on me when I am working in my yard - assuring I am protecting my eyes

### warning signs and supports I need to avoid a health crisis

When I am not feeling well I am usually: Quite, withdrawn, feeling sluggish, dragging, still smiling but with no enthusiasm, limping, don't want to or can't get around much on my own, don't care to get out of the house

Supports I need and/or want:

- \*Offer to help and ask how you can help before acting on your own-but I may reject help
- \*I really don't want to be left alone-so talk to me anyway-it cheers me up
- \*Ask me if I need to see or call my doctor
- \*Don't freak out and don't harp on my pain I may be experiencing

When my pain is at an acute level:

- \*I am experiencing a burning, fire like, pitching sensation throughout my legs and feet nonstop
- \*My pain keeps me up all night, I can't find a comfortable position at night or during the day.

### my next step...

I will make sure my support system knows the warning signs and the support I need by posting it on the fridge.