

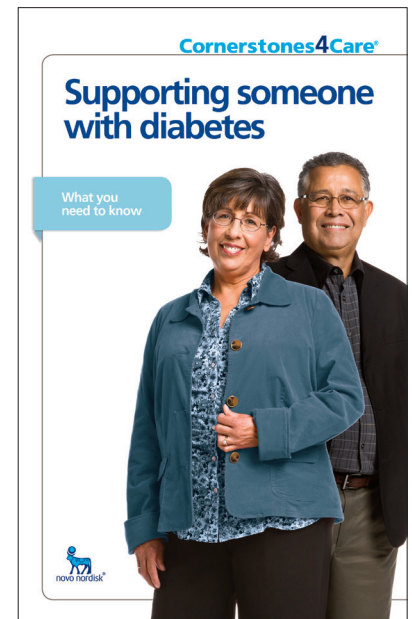
Understanding the diabetes care plan—for the care partner

Cornerstones4Care®

Your loved one is likely to have many members on his or her diabetes care team. But the most important members of the team are your loved one—and you. You are the one who is there every day. You are there for the ups and downs. You are there to provide a listening ear and much-needed emotional support. And you are there to help your loved one understand the diabetes care plan and carry it out.

All the parts of a diabetes care plan work together. Some care partners focus on just one part of the plan, often the meal plan. But you can help with every part of the plan, if you and your loved one agree.

It's best to sit down with your loved one and go through each part of the plan. Talk openly about how you both feel about your helping with each part. This guide briefly reviews the parts of a typical diabetes care plan. For more information, ask the diabetes care team for the [Cornerstones4Care®](#) booklet *Supporting Someone with Diabetes: What You Need to Know*. You can also visit [Cornerstones4Care.com](#) to learn more about managing diabetes.



Keeping track of the diabetes care team is an important part of diabetes care

These wallet-sized cards are a handy reminder of the members of your team and their contact information. Take one and give the other to your loved one. That way you'll both have one when you need it.

The most important members of the team are your loved one—and you.

My Diabetes Card

Patient's name:

Doctor Phone

Diabetes educator Phone

Pharmacy Phone

Other Phone

Care Partner Card

Patient's name:

Doctor Phone

Diabetes educator Phone

Pharmacy Phone

Other Phone

Understanding the diabetes care plan— for the care partner

The diabetes care plan

You can help your loved one best if you understand each part of the diabetes care plan.

A plan for taking diabetes medicines



If your loved one's blood sugar levels are above his or her goal with a meal plan and physical activity alone, then your loved one might need diabetes medicine. Most people with diabetes will need medicine as their diabetes changes over time.

There are many kinds of diabetes medicines. They are taken in different ways. For example, some are pills, and some are taken by injection. Many people take more than one type of diabetes medicine. The diabetes care team will work with you and your loved one to decide which type of medicine is best for him or her.

Medicines are the part of the care plan that many people with diabetes need the most help with. If your loved one is open to it, try to be available to go to office visits with him or her. That will help you better understand the medicine plan. Think about keeping a list of medicines, and write down any changes you see so that you can talk about them with the team. Ask the diabetes care team for a copy of the **Cornerstones4Care®** booklet *Your Guide to Better Office Visits*. You'll find a page where you can list medicines. You can also write them down on the cards below.

Medicine	Dose	Time of Day

A meal plan



Healthy eating is important for everyone, but it's even more important for people with diabetes. People with diabetes don't have to ban any foods from their meal plan, but they may need to limit the amounts they eat. Your loved one's meal plan will list good choices for him or her and suggest how much to eat and when.

Your loved one should be honest with the diabetes care team about what foods he or she likes and doesn't like. That's because he or she will be much more likely to follow the plan if it's made up of foods he or she enjoys.

Be sure to visit Cornerstones4Care.com to find meal-planning tools, including a menu planner with printable recipes. You can even print a shopping list! Bring your list with you when you shop to be sure to buy just what you need.

Keeping track of medicine is an important part of diabetes care

These wallet-sized medicine cards are a handy reminder. Take one and give the other to your loved one. That way you'll both have one when you need it.

Medicine	Dose	Time of Day

A plan for physical activity



It can be difficult to fit a physical activity plan into a daily routine. But you can help your loved one by breaking it down to these 3 steps:

Step 1: Talk with the doctor before getting started. Talk about what kind of activity is best for your loved one.

Step 2: Help your loved one choose an activity that he or she enjoys. Ideally, it should be one that you enjoy too, so that you can be active together!

Step 3: Set a goal. The American Diabetes Association (ADA) recommends being active for at least 150 minutes a week, spread out over at least 3 days a week. So for many people, that works out to being active for at least 30 minutes, at least 5 days a week. The ADA also recommends breaking up long amounts of time (more than 90 minutes) spent sitting by doing some kind of activity.

You may be able to increase the likelihood of success by doing physical activity together!

A plan for checking blood sugar



There are many kinds of blood sugar meters available. The diabetes care team can help you and your loved one choose a meter and show both of you how to use it. They can also give you a schedule for checking.

The table below shows blood sugar goals for many people with diabetes. The diabetes care team will set the goals that are right for your loved one. You can write the goals down in the last column to help you both keep track.

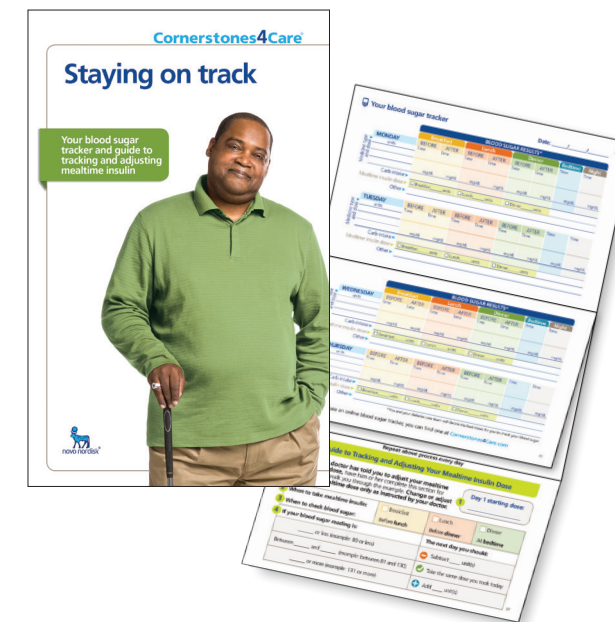
Time	Goal for many people with diabetes	Individual goals
Before meals	80 to 130 mg/dL	
1 to 2 hours after the start of a meal	Less than 180 mg/dL	
A1C	Less than 7%	

American Diabetes Association. Standards of medical care in diabetes—2016. *Diabetes Care*. 2016;39(suppl 1):S1-S112.

A plan for managing changes in blood sugar

As part of a diabetes care plan, it's important for both you and your loved one to know what may happen when blood sugar goes too high or too low. You also need to know what you should do if this happens.

Blood sugar levels go up and down all the time. It can be frustrating. But the changes do not mean failure. With time, both of you will understand how best to manage your loved one's blood sugar. Ask your team for a copy of the **Cornerstones4Care®** *Staying on Track* blood sugar diary. Both of you can use it to write down your loved one's blood sugar and share the results with the team.



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The members of the diabetes care team

It's a good idea to know the members of the team by name and to know how to reach them. Write that information in the spaces below.

For more information, visit
Cornerstones4Care.com

The diabetes care team

Team member	Role	Name	Telephone number
You and your loved one	Partners in diabetes care; the most important members of the team		
Primary health care professional	Health care professional you see for general medical care and may provide diabetes care		
Endocrinologist	Doctor who specializes in the treatment of diabetes		
Diabetes educator	Nurse or other health care professional who specializes in teaching people about diabetes		
Nurse	Health care professional who can help teach you about diabetes and parts of your care		
Registered dietitian	Specialist in nutrition; can help you make your meal plan		
Cardiologist	Heart doctor		
Podiatrist	Foot doctor		
Ophthalmologist	Eye doctor		
Nephrologist	Kidney doctor		
Dentist	Health care professional who cares for your teeth		
Pharmacist	Person who is licensed to prepare, dispense, and explain the use of your medicines		
Emergency contact	Person the team should contact if you and your loved one need help in an emergency		
Other contacts			

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