

# Managing the Effects of Diabetes



## Coping with the Effects of Diabetes

Home Companions Senior Care provides an in-home care solution through our team of Care Managers, Certified Nursing Assistants and Home Health Aides by simplifying tasks and assisting with daily living activities such as bathing, dressing, assistance with medications and our most valued and trusted service of providing companionship to combat one of the most preventable effects of diabetes...depression.

Home Companions Senior Care can provide one-on-one assistance with the following activities to support declining functional limitations while accommodating abilities:

### Diabetes

- Assist with preparing prescribed diabetic meals
- Monitoring skin, legs and feet and assisting with prevention of sores and other related injuries.
- Ensure proper mouth care and oral hygiene to prevent disease and infections.
- Remind or assist with self-administered medication as authorized by an unlicensed trained person.

Learning about your diabetes is the first step toward feeling better and living your life to the fullest!

### Encouragement through Abilities:

- Daily exercises
- Eating healthy meals
- Monitoring daily blood sugar
- Communicate Learn more... [www.diabetes.org](http://www.diabetes.org)

To find out more about in-home care solutions call our office today to speak with our friendly home care staff.

2785 S. Bay Street | Suite D | Eustis, Florida 32726  
Phone: (352) 483-3086  
Fax: (352) 483-3136  
[www.CompanionsHomeCare.com](http://www.CompanionsHomeCare.com)

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**COMPANIONS**  
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LICENSED HOME HEALTH SERVICES