



# Caring for a Family Member with Diabetes

**Target Audience:** People with diabetes or those caring for a family member with diabetes

**Objectives:** Participants will:

- Understand age-appropriate interventions across the life span;
- Understand the components of an individual health plan for a student at school

**Time Required:** 30 minutes; for a 15-minute presentation

**Equipment:** Flip chart and magic marker, adhesive for hanging  
Large note card and magic marker for each participant

**Handouts:** Caring for a pre-school age Child  
Caring for a School-age Child  
Caring for an Adolescent  
Caring for an Older Adult  
Preparing a School Plan for Your Child with Diabetes

## Lesson Plan

Hand out the note card and marker as participants arrive.

How many of you are caring for a person with diabetes? When you find out the ages of those people, make charts for different age groups. As you know, understanding diabetes is complex. For that reason, teaching materials need to be age-appropriate. The way we would approach a child is different than the way we would approach a teenager or an older person.

I gave you a card and magic marker as you came in the room. Take that card out now and write down the age of the person with diabetes that you care for. Then share with the group what things you do that are specific for that person in his/her age group.

Now let's share some of the things you wrote down. As each participant shares an idea, write it down on the flip chart in large letters—use as many pieces of paper as needed until all the ideas are listed. Tape ideas up on wall. You might want to arrange ahead of time to have someone from the audience help write the ideas down and put sheets up.

You have done an excellent job of listing items. Let's talk about some of them. Point to those items that are listed as you talk—have a blank sheet up to list as you speak any others in script that have not been mentioned by the audience.

National Diabetes Education materials

[www.yourdiabetesinfo.org](http://www.yourdiabetesinfo.org)

[www.ndep.nih.gov](http://www.ndep.nih.gov)

**How You can Help your Loved One with Diabetes**

[http://ndep.nih.gov/diabetes/pubs/TipsHelping\\_Eng.pdf](http://ndep.nih.gov/diabetes/pubs/TipsHelping_Eng.pdf)

**4 Steps to Control Your Diabetes. For Life.**

[http://www.ndep.nih.gov/media/4\\_Steps.pdf](http://www.ndep.nih.gov/media/4_Steps.pdf)

**A Little Help Goes a Long Way: Supporting a Loved One with Diabetes**

[http://www.ndep.nih.gov//media/SocialSupport\\_Feature.pdf](http://www.ndep.nih.gov//media/SocialSupport_Feature.pdf)

**A Little Help From My Family Print PSA**

[http://www.ndep.nih.gov//media/LittleHelp\\_AfricanAm.pdf](http://www.ndep.nih.gov//media/LittleHelp_AfricanAm.pdf)

**Resources for children and adolescents**

<http://ndep.nih.gov/diabetes/youth/youth.htm>

**NDEP Gestational Diabetes Fact Sheet**

[http://www.diabetesatwork.org/diabetesatwork/ files/factsheets/II\\_A\\_04\\_FS.PDF](http://www.diabetesatwork.org/diabetesatwork/ files/factsheets/II_A_04_FS.PDF)

**It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family**

[http://www.ndep.nih.gov/diabetes/pubs/NeverTooEarly\\_Tipsheet.pdf](http://www.ndep.nih.gov/diabetes/pubs/NeverTooEarly_Tipsheet.pdf) (English)

[http://www.ndep.nih.gov/diabetes/pubs/NeverTooEarly\\_Tipsheet\\_Spanish.pdf](http://www.ndep.nih.gov/diabetes/pubs/NeverTooEarly_Tipsheet_Spanish.pdf) (Spanish)

**Dealing with a Diabetes Diagnosis as an Older Adult**

<http://www.ndep.nih.gov//media/older-adult-diabetes-diagnosis.pdf>

**The Power to Control Diabetes is in Your Hands** helps older adults to manage their diabetes. It includes how to check blood glucose levels, manage the ABCs of diabetes, and access Medicare benefits (updated 10/08)

[http://ndep.nih.gov/campaigns/Power/control\\_diabetes.htm](http://ndep.nih.gov/campaigns/Power/control_diabetes.htm)