

2. Be a good listener

- One of the most important things you can do to help someone with diabetes is to listen to them.
- Avoid making judgmental statements, just focus on what they are saying. They are more likely to be open when they are not being judged.
- Avoid giving advice, unless requested as unsought advice can damage your relationship.



Here are some helpful questions you can ask when talking about diabetes with your loved ones:

- Would you like to share with me what the hardest part of managing your diabetes is?
- What can I do to help?
- Are there things I can do to help you make it easier to manage your diabetes (as your parent/spouse/friend/ colleague)?
- Would it be useful for me to help you:
 - ↳ Set up reminders to take your medications?
 - ↳ Prick your fingers for monitoring blood sugar?
 - ↳ Inject insulin?
- Would you like me to take you or accompany you to your doctor visits?