

1. Learn about diabetes

Myths and misinformation about diabetes are common. For those whose loved ones have diabetes, you can provide better support if you have accurate information about the condition. Consider accompanying your loved ones if he or she is attending a diabetes education class.

Here are some key areas of diabetes management:

- Medication adherence
- Monitoring of blood sugar
- Eating habits/ diet
- Exercise - stay active
- Sleep patterns
- Stress management
- Skills for problem-solving
- Social support
- Spirituality – healthy sense of purpose and meaning in life

