

What is positive social support?

When they have support from loved ones, people can better manage their diabetes. However, what is the best way to support someone with diabetes? There is sometimes a fine line between caring and nagging. It is not always easy to know what to do or say.

Some tips for caregivers, family and friends of individuals with diabetes, and how you can be a positive support to them:

Learn About Diabetes

Be a Good Listener

**Learn What
Low Blood Sugar Is**

Do It Together



Help Ease Stress

**Know When to
Step Back**

**Coping with
Stigmatisation**