

Living with Diabetes

Diabetes Family Education
Presented by Diabetes Social Workers

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PE3325



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Your diabetes social worker

- Will meet with you during the diagnosis to get to know your family and child
- Will meet you during clinic visits to offer different types of support
- Is an important part of your child's medical team



Why the diabetes social work visit?

- Talk about feelings about diabetes
- Build resilience to live with diabetes
- Address concerns about depression and anxiety
- Learn how to cope with diabetes burnout
- Talk about conflict between parents and kids/teens
- Figure out how to balance independence and parent involvement in diabetes care
- Help friends understand diabetes
- Talk about what it would be like to use diabetes technology, such as a pump
- Support parents, siblings and other caregivers
- Discuss sharing diabetes care across two parent households



Tell us if you need help with:

- Getting a ride to your clinic appointment
- Finding a diabetes camp for your child
- Talking to your child's school about diabetes accommodations
- Finding a therapist or counselor





Reminders as your family adjusts to diabetes...



- A range of feelings, including loss, fear, anger and guilt can happen and are a normal response to a new diagnosis and part of the adjustment process
- We will work with you to find a balance between “perfect blood glucose numbers” and good quality of life for your child and your family
- Be gentle on yourself; have realistic expectations about glucose control for yourself and your child/teen
- Pay attention to language used to talk about diabetes in your home (blood sugars aren’t **GOOD** or **BAD**, food isn’t **GOOD** or **BAD**)
- Share diabetes management with your child or teen; don’t rush independence



How to find us

- Call our scheduling team and ask to schedule a visit with social work
- When you are at your visit, ask the MA, RN or medical provider to speak with social work
- Call or email the Endo RN and ask to be connected with a social worker





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