

Contact us. We're here to help.
ComfortKeepers.com



**Comfort
Keepers**

Elevating the
Human Spirit™

Take charge of diabetes



| IN-HOME COMFORT KEEPERS® SUPPORT |

Type 2 diabetes is a common disease among people 65 and older and is caused by both genetics and lifestyle factors. But there are actions that can keep diabetes in check or reduce the risk of it developing. Following a healthy eating plan, being physically active, and keeping weight under control are all part of a diabetes prevention/treatment strategy.

At Comfort Keepers®, we help our clients practice good health so they can truly enjoy everything that life offers.

How Comfort Keepers can help

At Comfort Keepers, we help our clients manage their diabetes, starting with nutrition. Whether it's a prescribed special diet or a healthier meal plan, our caregivers, called *Comfort Keepers*®, work with clients to ensure they get the proper nourishment to promote disease prevention, healing, and healthy living.

Physical exercise is crucial for reducing the risk of and controlling diabetes, so *Comfort Keepers* encourage and facilitate physician-approved activity while providing mobility support as needed for safety and security.

At Comfort Keepers, we believe in Elevating the Human SpiritSM by providing our clients with both assistance and daily moments of joy. When our diabetic clients struggle with poor eyesight, we provide safe, dependable transportation to grocery stores, senior centers, doctor's offices and even family gatherings.

And if medication is required, we can assist with reminders to ensure care plans stay on track.

Living healthy with diabetes

Did you know?

Half of all Americans age 65 or older have pre-diabetes and nearly 26 percent of Americans over age 65 have already been diagnosed with diabetes.

American Diabetes Association



In-home diabetes assistance

While diabetes is common among the older U.S. population, following proactive strategies can help reduce the risk of serious health complications such as nerve, kidney, and heart damage. In-home care from Comfort Keepers® can help your patients manage their diabetes and live well.

Healthy nutrition

Plenty of whole grains, fruits and vegetables, limited refined and added sugars, and moderate portion sizes can help keep blood sugar—and the waistline!—under control. *Comfort Keepers*® can assist clients with grocery shopping, meal preparation, healthy snacks and overall nutrition assistance to support diabetes management.

Regular exercise

From walking to resistance training, stretching to swimming, exercise of all kinds can help lower blood sugar and boost sensitivity to insulin to keep blood sugar within a normal range. *Comfort Keepers* are experienced in helping seniors engage in condition-appropriate, physician-approved physical activity that can help reduce excess weight, decrease blood pressure and reduce stress levels.

When diabetics exercise just 30 minutes a day, five days per week, they can realize an incredible difference in both their physical and psychological health.

A holistic approach

Interactive Caregiving™ is our approach to care that focuses on the mind, body, nutrition, and safety of our clients. When our *Comfort Keepers* plan a day's activities, they keep these four mainstays in mind.

Caregivers work together with clients to accomplish tasks, tasks that stir memories, stimulate thought and build a sense of pride.

"Doing for" may get the task done, but "doing with" boosts spirits and brings joy. It's a holistic approach that Elevates the Human SpiritSM and ensures our clients are cared for from every angle, so they can take an active approach to life.

For more information
please contact your local
Comfort Keepers



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