



## Quick Recap

Home care helps seniors monitor glucose, take medicines safely, choose steady meals, and stay active without unsafe blood sugar swings.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.*



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

# Diabetes Care

Blood Sugar & Daily Living Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Finger-stick or CGM checks before meals and at bedtime as ordered; log results for the nurse.
- Foot care daily: inspect skin, dry between toes, and wear shoes that protect circulation.
- Carry fast-acting sugar (glucose tabs, juice box) in case of low blood sugar.
- Limit sugary drinks; choose water, unsweetened tea, or sparkling water.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

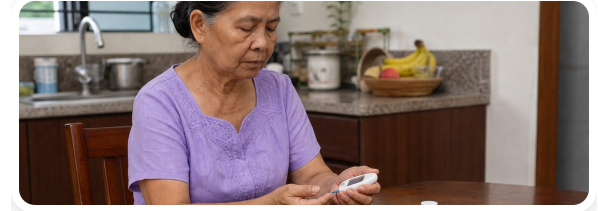
- Track fasting and post-meal glucose, A1C dates, and any episodes of highs or lows.
- Watch for increased thirst, frequent urination, blurred vision, or slow-healing sores.

### Good to know

- Diabetes means the body does not use insulin well or make enough insulin.
- A1C measures average blood sugar over the last three months.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Plate method: vegetables, lean protein, and controlled starches at each meal.
- Limit sugary drinks; choose water, unsweetened tea, or drinks approved by your team.
- Keep a consistent meal schedule to avoid long gaps without food.
- Test blood sugar as your team directs and log results.