

## Omaha Diabetes Care

Diabetes care by FirstLight HomeCare of Omaha can help you manage this disease, whether it's medication reminders, meal preparation, or a routine of health food and exercise.

Diabetes is usually a lifelong disease in which there are high levels of sugar in the blood. Unfortunately, 25.8 million children and adults in the United States—8.3% of the population—have diabetes. According to the American Diabetes Association, in 2007, diabetes was listed as the underlying cause on 71,382 death certificates and was listed as a contributing factor on an additional 160,022 death certificates. This means that diabetes contributed to a total of 231,404 deaths.

### Types of Diabetes

Many people do not take care of their diabetes properly and complications can occur with your heart, kidneys, skin, feet and more. That's where the FirstLight HomeCare of Omaha caregivers come in. We can coordinate with your diabetes care team to prevent or delay the onset of complications and help you make healthier choices with our in-home care.

There are two main types of diabetes:

**Type 1 diabetes** most often occurs in children, teens, or young adults, but it can develop at any age. In this disease, the body makes little or no insulin. Daily injections of insulin are needed.

**Type 2 diabetes** makes up most diabetes cases. It most often occurs in adulthood. However, because of high obesity rates, teens and young adults are now being diagnosed with it. Many people with type 2 diabetes do not know they have it.

Although Type 1 diabetes is not preventable, it is manageable with the right medicine, nutrition, food, blood glucose management and exercise routine. In most cases, Type 2 diabetes is preventable with the right balance of changes to your diet, increase in activity and maintenance of a healthy weight.

### How FirstLight HomeCare of Omaha Can Help With Diabetes Care

For many seniors, day-to-day care can be challenging enough without compounding it with diabetes. As people get older, their risk for type 2 diabetes increases. In fact, in the United States about one in four people over the age of 60 have diabetes. Here's how our FirstLight Omaha caregivers can work with a healthcare team and provide diabetic care, Type 1 diabetic care or Type 2 diabetic care:

**Meal preparation.** Healthy eating is a crucial component of preventing diabetes or avoiding complications. Our in-home Omaha caregivers will help you plan and prepare meals that are both delicious and nutritious.

**Exercise.** Exercise plays a major role in your diabetes care, no matter which type of diabetes you have. Exercise can help lower blood sugar, help your body better use insulin, help control your weight, improve your blood fat levels, reduce stress, and improve your overall fitness. Our Omaha caregivers can make sure you get the exercise that has been prescribed.

**Transportation** – We can drive you to appointments with your healthcare team (internist, family practice doctor, or endocrinologist) and pick up or drop off prescriptions.

**Companion Care.** Our Omaha caregivers can provide support for the patient and other family members. From sharing a conversation to sharing a meal, FirstLight HomeCare of Omaha means companionship and something—or someone—to look forward to. We can help with light housekeeping, laundry, paying bills and more.

**Medication reminders.** Though our Omaha caregivers cannot administer medications, they can provide regular reminders for oral medications or injections, and can assist with pre-measured medication and the monitoring of side effects or other medical issues.

With the latest tools and strategies, our caregivers will help you take steps for your diabetes care to monitor your condition, prevent serious complications, and feel better while living with diabetes.

At FirstLight HomeCare of Omaha, we encourage you to join the millions of Americans helping to eradicate this disease at [stopdiabetes.com](http://stopdiabetes.com).