**DIABETES CARE IN THE ADULT FAMILY HOME**

**Complications of Diabetes**

* **Eye Complications Glaucoma, cataracts and decreased vision/blindness**
* **Foot Complications Neuropathy can cause numbness and pain in feet and lead to ulcers**
* **Skin Complications Rashes and open areas can more easily become infected**
* **Cardiovascular Complications Heart attacks, strokes and high blood pressure**
* **Mental Health Complications Sadness, anger and denial leading to depression**
* **Hearing Complications Nerve damage can lead to hearing loss**
* **Oral Health Complications Infections and tooth loss**
* **Digestive Complications Nerve damage makes food move more slowly through the digestive system causing constipation or vomiting, diarrhea and bowel incontinence**
* **Kidney Complications Kidney failure and dialysis**
* **Peripheral Artery Complications Tiny arteries become blocked with fat, tissues they supply die**

**Caregiver Interventions for Diabetic Residents**

* **Monitor blood glucose with finger stick testing, report high or low results per the parameters ordered by Primary Care Provider.**
* **Monitor for symptoms of high and low blood sugar, report symptoms and treat as ordered**
* **Inspect feet daily**
* **Assist or administer medications to lower blood sugar as ordered by the Primary Care Provider**
* **Support the resident in following a diabetic meal plan**
* **Monitor for vision or hearing changes, mouth pain, skin conditions and constipation; report symptoms**
* **Monitor vital signs and report abnormal results to prevent heart attack and stroke**