

8 Tips for Seniors Coping With Type 2 Diabetes Diagnosis

It is common to have a mixture of emotions after receiving a diagnosis for type 2 diabetes.

It's so common, in fact, that we've compiled a list of our top 8 tips for coping with a new type 2 diabetes diagnosis for seniors.

Here are a few common signs that a person may be approaching prediabetic or type 2 diabetic levels:

- 1. Understand that your diagnosis is not your fault.**
Some people find themselves carrying guilt, assuming that their diagnosis was somehow self-inflicted. While diet and lifestyle choices can play a role in developing the condition, there are other factors that can contribute to a person's risk for type 2 diabetes, too.
- 2. Get educated on diabetes and what it will mean for you.**
The more you know about diabetes, the more prepared you will feel navigating your diagnosis. Remember, although your diagnosis feels unfamiliar now, eventually it will become a part of your daily routine.
- 3. Follow your treatment plan.**
The sooner your diabetes is addressed, the more manageable it will be in the long run. That's why it's important to work with your health care provider to implement changes to your lifestyle and start your treatment plan.
- 4. Choose foods low in carbs and added sugar.**
One simple, visual way to make sure you're eating the right foods is the diabetes plate method: half of your plate should be filled with non-starchy vegetables, one quarter should have a lean protein, and the other quarter should have foods high in carbs. It's best to also choose water or a low-calorie drink like unsweetened iced tea to pair with your meal.
- 5. Exercise regularly.**
Those with diabetes should exercise regularly, so find a sport or exercise routine that works for you — and that you enjoy!
- 6. Track your glucose levels.**
Your doctor may recommend a device called a continuous glucose monitor (CGM). Or you can test your blood sugar at home with a portable electronic device called a blood sugar meter using a small drop of your blood.
- 7. Consult a diabetes educator.**
A Diabetes educator specializes in diabetes self-management and education. They help people with diabetes gain the knowledge, skills and confidence to thrive with diabetes. They can also provide your loved ones with the tools and tips for helping you manage your condition.
- 8. Make plans for the future.**
Even with diabetes, you can live a long healthy life. It is easy to be worried about the future, but with the correct plan of action, people with type 2 diabetes can live long lives. Consider planning an exciting event for the future to remind yourself that, while a type 2 diabetes diagnosis may be unfamiliar at first, it is manageable.



For more information on diabetes and how CorsoCare can support you, call us at 248-438-8535.