



Managing Type 2 Diabetes: Home Health Care is Here to Help!

There's no cure for type 2 diabetes, but when it's managed correctly, seniors who are diagnosed can effectively manage their diagnosis, and skilled home health care professionals can offer a helping hand.

Skilled Nursing

Skilled nursing refers to the aspects of a patient's care that can only be performed by a licensed nurse. A skilled home nurse can work with other members of your home health team to:

- Offer disease and medication education.
- Minimize diabetes complications.
- Provide lifestyle and treatment recommendations.

Home Health Aide

Home health aides are supervised by medical practitioners, typically nurses, and can provide multidimensional home care to patients in the comfort of their own home.

- Assist with activities of daily living (ADLs), such as bathing, grooming, and dressing, that have been impacted by your diagnosis.
- Report changes in symptoms and progress to your health care team.

Medical Social Worker

Medical social workers work alongside patients and their families to navigate through difficult decisions, with crisis management and advice regarding the American health care system. They can also:

- Offer financial assistance.
- Provide community resources.
- Educate seniors and families about the social and emotional aspects of diabetes care.

Occupational, Physical and Speech Therapy

Did you know that type 2 diabetes can cause numbness in your hands and feet? A physical therapist would. Alongside other specialized therapies, such as occupational therapists and speech therapy, these professionals coordinate care to:

- Improve mobility.
- Create personalized fitness plans that work into your lifestyle.
- Help you recover after a fall or injury.
- Encourage you to follow your diabetes care plan.
- Manage physical symptoms of type 2 diabetes.

It may be time to consider skilled home health care if you or your loved one has experienced any the following:

- You were recently diagnosed with type 2 diabetes and are feeling overwhelmed.
- Your type 2 diabetes symptoms have become difficult to manage on your own.
- You often find yourself missing medications or forgetting to check your blood sugar.
- You feel anxious or depressed about managing your type 2 diabetes yourself.

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