

Dependable & Meticulous
CAREGIVING
for Individuals with
DIABETES



Diabetes is a condition that requires round-the-clock mindfulness. Making healthy lifestyle choices on a daily basis isn't easy, but it is worthwhile – dedicated diabetes care can reduce the risk of developing serious health issues.

Since 2009, Presidio's Home Care Aides have been providing specialized care to diabetes patients. Our observant, thoroughly trained Aides can make all the difference in the life of an individual living with diabetes.

Thoroughly Trained

In the course of the 150 hours of documented, state-accredited training every one of our Home Care Aides has received, each has been equipped with a foundation of knowledge to understand the pathophysiology of diabetes, identify symptoms, and assist with managing treatment to minimize potential complications.

Observant & Vigilant

The role of a Home Care Aide is not only to help with managing blood sugar, diabetes medication, and everyday activities, but to be observant. Our Aides look for changes in an individual's appetite, energy, ability to communicate, weight, vision, and overall comfort. They are able to recognize symptoms of diabetic emergencies and act with urgency.



OUR APPROACH



Meticulous Monitoring of Medication

Use of insulin and diabetes pills may be needed to lower blood sugar. Our Aides can provide scheduled medication reminders to ensure the correct doses are taken, and that important medication is never missed.



Vigilant Blood Sugar Tracking

Our Aides will familiarize themselves with your loved one's blood sugar tracking schedule, remind and assist with testing. This will help your loved one determine how to change diet and exercise habits to reach his or her target blood sugar levels.



Meal Planning

Eating well is key to keeping your loved one's blood sugar within a target range and maintaining a healthy weight. Our Aides plan for healthy, balanced meals, taking into account individual preferences and lifestyles. We prepare low-calorie meals with less salt, sugar, and fat, and set regular meal times to avoid missing meals.



Exercise Planning

Keeping up with physical activity is important for improving heart health and regulating blood sugar levels. Our Home Care Aides can help your loved one keep up with customized exercise routines by motivating and even participating in exercises.

