

# Talking to Family and Friends

How do you get the support you need?

**1** Educate your family and friends about your diabetes.



**2** Decide what, when, and how you want support.



**3** Tell your family and friends what you need. Ask them directly for help and teach them how to help you.



## Role of Family/Friends



- Understand diabetes
- Listen to what you think and feel
- Support or join you in making healthy choices (i.e. eating healthier foods with you)

## What can I say to my family and my friends?



- 1** Be patient and have realistic expectations about my blood glucose levels
  - I cannot always control my blood sugar levels even if I am following my diabetes care plan
- 2** Avoid Blame
  - Please don't lecture me, that will only hurt my feelings and lead to arguments and conflict
  - Focus on problem-solving instead!
  - Sometimes all I need is a hug or someone who will listen and empathize with me
  - Managing diabetes is difficult and I am doing the best I can
- 3** Ask me what I need
  - You may think you're being supportive but it might not be the kind of support that I need
  - Let me tell you how you can support me

# *Talking to Family and Friends*

How do you get the support you need?

## What do I want to tell my family/friends?

Brainstorm some things you would like to tell your family and/or friends regarding your experiences, needs, and how you want to be supported.

