

Resources for People with Diabetes and Their Caregivers

Having or caring for someone with a chronic disease can be difficult and even exhausting, at times. One of the best ways to succeed or maybe to just get through the hard times is to surround yourself with information and support. There are many places to reach out to get informed or find support. Whether it's local and in person or online, there are many resources out there to help. If you find that you or your caregiver need help or counseling about meal planning, diabetes care, or if you need emotional support, there are a number of organizations that may be able to help you.

Community Resources

Ask the following people for assistance:

- Ask your doctor, patient education, CCHP Diabetes Management or diabetes nurse
- Call clinics and hospitals near you and ask for their diabetes clinic or their dietician services. Their diabetes clinic may have a list of local support services. For example: CCRMC offers Diabetes Group Visits at West County, Pittsburg and Martinez Health Centers, Sutter Health offers Free "Living With Diabetes" class and John Muir in conjunction with the YMCA offers "Diabetes Prevention Program."
- CCHP has diabetes education and support services
- Locally, Monument Impact offers a fitness and well-being club
- Check with your local pharmacies. Many now offer individual and group diabetes counseling
- Go to your state website, ca.gov, or look it up in the phone book. Contact their Health & Social Services section. They can tell you about community programs for children, seniors and the disabled.
- The National Federation of the Blind in Baltimore, Maryland has a diabetes action network that can tell you about companies and organizations that offer products and information for people with diabetes and vision problems. Their telephone number is 410-659-9314.

Online resources

- National Family Caregivers Association. This comprehensive website has tips and guides for caregivers, a bulletin board for peer support, and lists of resources that provide support to caregivers.
www.caregiveraction.org/
- The American Dietetic Association offers a food information for diabetes.
www.eatright.org
- The CDC also offers general information about diabetes care at
www.cdc.gov/diabetes
- The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) provides information about diabetes.
www.diabetes.niddk.nih.gov
- The American Diabetes Association has information about diabetes prevention and treatment, nutrition, weight loss.
<http://www.diabetes.org>
- Joslin Diabetes Center has an online library with information on diabetes care, nutrition, medications, and exercise.
www.joslin.org/diabetes-information.html

* We have no affiliation with these sites. We suggest that you carefully read regarding information on their privacy, security, data collection and distribution policies. Call us if you have any questions.