

Helpful Tips

Physical Impact

- PDPN may be painful for all involved
- PDPN may limit daily activities
- PDPN may restrict energy and motivation

Financial Planning

- Prepare for increased medical expenses
- Budget template at www.theacpa.org
- Medicare plans at www.Medicare.gov

Self-Care

- **Regular medical checkups** are important for yourself and the person with PDPN.
- **Biofeedback** is one of several relaxation techniques. You can learn these techniques at www.theacpa.org
- **Positivity** is a type of mindfulness that helps caregivers encourage the person with PDPN to find healthy motivation.



Always discuss caregiving with your healthcare team. Healthcare teams will offer suggestions on treatment options, **adherence**, healthy lifestyles, finding support, and medically relevant financial concerns. Members of healthcare teams may include nurses, doctors, nurse practitioners, physician assistants, pharmacists, physical therapists, and nutritionists.

Support Groups for Caregivers



American Chronic Pain Association
www.theacpa.org

The Family Caregivers Alliance
www.caregiver.org

National Alliance of Caregivers
www.caregiving.org



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www.theacpa.org



This information is made available with the understanding that the ACPA is not engaged in rendering medical advice or recommendations. This information is provided for informational purposes only and should not be used as a substitute for necessary consultations with a qualified health care professional. Always consult a medically trained professional with questions and concerns you have regarding PDPN.



PDPN

Painful Diabetic Peripheral Neuropathy

Caregiver

It's okay to care for yourself.

You can't care for others if you don't take care of yourself first.

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What is PDPN?

- Nerve damage caused by diabetes
- Leads to pain in your feet or hands
- Often presents w/ depression & anxiety

Understanding the Situation

- Significant impact on the caregiver
- Adjustments for everyone involved
- Two sides to every PDPN experience

Emotions of the PDPN Caregiver

- Why did this happen?
- How can I help?
- Will I be capable?



Caregiver Self-Care



Form a Healthy Daily Routine

Encourage the Person w/ PDPN
Make Time and Enjoy a Hobby
Call or Meet a Positive Friend
Educate Yourself on PDPN
Enjoy Some Personal Time
Plan and Follow Through
Keep on Schedule
Compassion



3 Steps to Balancing



Life & Caregiving



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Share Healthy Daily Routines

Adhere to a PDPN Management Plan
Practice Relaxation Techniques
Schedule Regular Checkups
Talk + Listen and Vice Versa
Join a Support Group
Low Impact Exercise
3-Healthy Meals
Sleep 7-9 Hours
Stay Positive
Budget



Person with PDPN



Form a Healthy Daily Routine

Follow Prescribed Management Plan
Show Appreciation to Your Caregiver
Make Time and Enjoy a Hobby
Call or Meet a Positive Friend
Educate Yourself on PDPN
Enjoy Some Personal Time
Plan and Follow Through
Stay on Schedule

