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

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.

Helpful Tips

- It’s okay to care for yourself.

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

Support provided by a grant from Averitas Pharma, Inc.
What is PDPN?
- Nerve damage caused by diabetes
- Leads to pain in your feet or hands
- Often presents with depression & anxiety

Caregiver Self-Care
1. Form a Healthy Daily Routine
   - Encourage the person with 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

2. 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

3. Life & Caregiving
   - Understand 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?

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

Budget
- Encourage the person with 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
- Stay on schedule