

RESOURCES FOR OLDER PEOPLE WITH DIABETES

More than half of all people with diabetes are over age 60. One out of five people over age 65 has diabetes. As people with diabetes age, they may also have new health and daily life, and financial issues to address. The resources below are designed to assist older people with diabetes.

The Centers for Medicare & Medicaid Services Web site details Medicare coverage for diabetic related supplies and services and also provides links to sites with more information on diabetes. Medicare covers supplies such as glucose monitors, test strips, lancets, and therapeutic shoe. Medicare also covers the following services: self-management training, medical nutritional training services, certain vaccines and glaucoma screening.

<http://www.medicare.gov/Health/Diabetes.asp>

The National Diabetes Information Clearinghouse Web site includes statistics about diabetes and the aging population and explains what is different for older people with diabetes. Some ways diabetes is different for older people include:

- Insulin production may decrease with age.
- Lifestyle modification associated with risk factors may become more difficult as people with diabetes age.
- Complications associated with diabetes can develop more quickly in older people.
- Decreased physical and mental abilities may make it more difficult to follow a treatment regimen.
- Limited financial resources may affect the choice and use of medications.

<http://diabetes.niddk.nih.gov/about/datetime/spri02/8.htm>

This pamphlet, *Diabetes in Older People: A Disease you can Manage*, from the National Institute on Aging is available in English and in Spanish. It describes the different types of diabetes, how diabetes is diagnosed and related health concerns. The pamphlet identifies the different areas of care, tests, and ways to manage diabetes.

English:

http://www.niapublications.org/engagepages/Diabetes_In_Older_People-A_Disease_You_Can_Manage.pdf

Español: <http://www.niapublications.org/spnagepages/diabetes-sp.asp>

This article, *Diabetes & Aging*, was written by Terri D'Arrigo and published in Diabetes Forecast magazine in February 2001. It offers timeless and comprehensive information on how people can manage diabetes as they get older and experience changes. As people age, they are more likely to be on more medications, their kidneys begin to function differently, appetite may decrease, low or high blood sugar may become more of an issue, and mobility can decrease. The author offers helpful advice on how to become more aware of these changes and take steps to prepare for them.

http://www.findarticles.com/p/articles/mi_m0817/is_2_54/ai_69250197

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