

Caring for Your Loved One

There are many simple things that you can do to help improve the life of your loved one living with Diabetic Macular Edema (DME), such as helping manage his or her diabetes, creating a home that is low-vision friendly, and reminding your loved one to focus on his or her eye health.



Ensure Diabetes Is in Check¹

Keeping diabetes controlled is important for patients with DME. You can help your loved one eat well, exercise, and make other lifestyle changes beneficial to his or her health.



Motivate & Encourage⁴

With small bits of encouragement, you can help motivate each other to stay disciplined with treatment or lifestyle changes and take small steps to positively impact your loved one's vision health.



Support Putting Advice into Action⁵

One of the simplest ways to help is to be an extra set of eyes and ears, listening to and talking with the doctor at appointments. You can help remind your loved one of specific goals and steps to follow. Doctors may even turn to you as a trusted insider to help reinforce their advice.



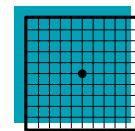
Always Listen^{2,3}

Don't assume your help is always required. Listen to your loved one's needs and be open in your conversations.



Simplify Everyday Tasks²

Help your loved one by tackling obstacles one step at a time rather than trying to solve them all at once. As a first step, consider reorganizing the home of your loved one or switching up the lighting.



Monitor⁶

Using simple resources such as the Amsler Grid to monitor your loved one's DME can be essential to eye care between appointments.

This resource is for informational purposes only and is not meant to replace a physician's medical advice.

References:

1. Facts about diabetic eye disease. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/2j1o08K>. Accessed November 17, 2017.
2. Reactions to vision loss: is someone you love experiencing vision loss? American Foundation for the Blind, VisionAware Web site. <http://bit.ly/2zMnyIA>. Accessed November 17, 2017.
3. Help for first-time caregivers. AARP Web site. <http://bit.ly/2zLYb3v>. Accessed November 17, 2017.
4. 10 ways to deal with caregiver stress. AARP Web site. <http://bit.ly/2ipy9t6>. Accessed November 17, 2017.
5. Doctor's appointments: tips for caregivers. National Institutes of Health, National Institute on Aging Web site. <http://bit.ly/2uSBvd0>. Accessed November 17, 2017.
6. Facts about macular edema. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/2AUxh7s>. Accessed November 17, 2017.
7. Vision loss and blindness. Family Caregiver Alliance Web site. <http://bit.ly/1nlTM7Z>. Accessed November 17, 2017.
8. Keeping your eyes healthy: get regular comprehensive dilated eye exams. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/1bPE2dh>. Accessed November 17, 2017.

Caring for a loved one may lead you to take on more than you feel you can manage, leaving you stressed or feeling burned out.⁴ To help manage your stress levels, check out these tips for a few simple ideas to help you be your own caregiver while supporting a loved one with Diabetic Macular Edema (DME).



Ask for Help^{2,3}

Know your limits, and don't be afraid to bring others into the process. If you're feeling stretched thin, ask other family members, friends, and healthcare providers for help when you need it.



Join a Support Group⁷

Talking to other caregivers can be one of the best ways to understand your challenges and find support.



Take Control of Your Health⁴

Remember to stay active, eat nutritious foods, and get the proper amount of sleep.



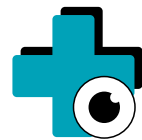
Make Time for You²

While ensuring your loved one is properly cared for, make sure you are keeping a balance and making time to do the things you love to do.



Get Help from Elsewhere

Check out the Rides In Sight^{*} program, which provides information about transportation options to eye doctor appointments in local communities nationwide.



Make Time to Check Your Own Eye Health⁸

If you also have been diagnosed with diabetes, it's important that you schedule regular appointments to get your own eye exams.

*Rides In Sight is not affiliated or related to Regeneron. Regeneron does not influence or control the operations of Rides In Sight and cannot guarantee assistance will be provided. Rides In Sight is not an emergency service. If you have an emergency, call 9-1-1.

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References:

1. Facts about diabetic eye disease. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/2j1o08K>. Accessed November 17, 2017.
2. Reactions to vision loss: is someone you love experiencing vision loss? American Foundation for the Blind, VisionAware Web site. <http://bit.ly/2zMnyIA>. Accessed November 17, 2017.
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