



Cincy Senior Corner

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Trusted Senior Home Care

Keeping Seniors Healthy – Especially those with Diabetes

Taking care of yourself is important at any age. Eating right and being physically active are keys to staying healthy and reducing the risks of chronic diseases.

And according to Mary Land of A Caring Choice, it is especially important for seniors who have diabetes.

Diabetes is a disorder of the endocrine, or hormone, system. It occurs when the body cannot regulate blood sugar. Warning signs include increased hunger, unexplained weight loss and frequent urination. From 90 to 95 percent of those with diabetes have Type 2, which is preventable and treatable.

Care Manager Land trains caregivers about how important it is for seniors to maintain a good diet and exercise – whether they have diabetes or not.

- Older adults should not skip meals. The U.S. Department of Health and Human Services (HHS) recommends high-fiber foods like whole-grain breads and cereals, beans, vegetables and fruits.
- Lean beef, turkey breast, fish or chicken with the skin removed will help lower calories. Seniors, especially those who are not very active, need fewer calories.
- Vitamin D-fortified low-fat or fat-free milk, yogurt and cheese keep bones strong. Alternatives include reduced-lactose milk products or soy-based beverages. A doctor may suggest the senior take a calcium or vitamin D supplement.
- HHS suggests drinking plenty of water or water-based fluids, such as caffeine-free tea and coffee. Although seniors may feel less thirsty, their bodies still need water. Hydration is especially important in the hot summer months.

Land says seniors with diabetes often ask for suggestions about easy, healthy snacks. Half of a banana, a few saltines with one ounce of cheese, raw vegetables and popcorn make excellent snack choices, she points out. When it's hot, she says watermelon or a small salad can be refreshing options.

Physical activity of any kind helps. Movement strengthens muscles, helps keep sugar under control, improves blood flow to extremities and relieves depression – all of which are good for seniors.

"If a client is bedridden, we encourage any kind of movement," Land explains. "We train our caregivers to help the client with chair exercises, help them move their legs, or give themselves a hug." Caregivers also observe a senior's in-home physical therapy sessions to repeat as needed. "They're looking for us to help them," she says.

A Caring Choice Releases Video - Family members explain why they trust A Caring Choice.

[Click here](#) to view the video now on our website.

Available Help: If you have questions regarding what type of non-skilled services are available and how to pay for them, call us at 513-574-4148.

A Caring Choice provides In-Home Care Services to enable Cincinnati's elderly to safely remain in their homes. Services are personalized, affordable, available 7 days per week - 24 hours per day and include: cooking, cleaning, laundry, transportation, personal hygiene assistance, companionship and medication reminders.

A Caring Choice, Inc. - 2010 & 2011 Cincinnati Regional Chamber "Small Business of the Year" Finalist

Trusted Care for Those You Love: Call (513) 574-4148

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