



# LET'S GET ORGANIZED!

Tips and Strategies to Organize  
Your Life with Diabetes

Susan Weiner  
MS, RDN, CDE, CDN

# ABOUT SUSAN

- ◉ 2015 AADE Diabetes Educator of the Year
- ◉ 2014 Distinguished Alumna SUNY Oneonta
- ◉ Diabetes Medical Advisor, [healthline.com](http://healthline.com)
- ◉ Medical Advisory Board Member, [dLife.com](http://dLife.com)
- ◉ Author “The Complete Diabetes Organizer: Your Guide to a Less Stressful and More Manageable Diabetes Life”, Spry Publishing



# SITUATIONAL DISORGANIZATION

- ◉ Do you have organizing challenges that affect the quality of your everyday life?
- ◉ Are you overwhelmed with getting and staying organized?



# HOW CAN GOOD ORGANIZATIONAL SKILLS...

- ◉ Help improve daily life for a person with diabetes
- ◉ Improve daily diabetes management



# DON'T ORGANIZE PERFECT, ORGANIZE ENOUGH



# GETTING SUPPLIES IN ORDER

- ◉ Review supply checklist
- ◉ Create a command central
- ◉ Supplies for daily use
- ◉ Storage options



# SUPPLY CATEGORIES

- ◉ Supplies needed daily or several times a day
- ◉ Supplies needed to be easily reached
- ◉ Supplies requiring refrigeration
- ◉ Supplies to be kept out of reach of children
- ◉ Extra supplies for storage
- ◉ Supplies for travel

# TAKE AWAY: THINK LIKE A LIBRARY AND GROUP LIKE WITH LIKE





# GET UP!

# GET ORGANIZED!



# MORNING CHECKLIST

- Check your blood sugar
- Check your continuous glucose monitor (CGM)
- Meditate or stretch for a few minutes
- Take your insulin and medication
- Prepare and eat breakfast
- Take your vitamins or supplements as needed
- Attend to children/spouse/elderly parents' needs
- Feed/walk/attend to pets
- Brush teeth
- Shower
- Grooming
- Get dressed. Pick out clothes the night before
- Finish preparing snacks and lunches for the day
- Make beds/unload dishwasher/tidy house
- Double check on diabetes supplies for the day

# PREPARING THE NIGHT BEFORE

- ◉ Lay out clothes the night before
- ◉ Prepare breakfast, lunch and snacks
- ◉ Launching pad



# GET UP & GO

- ◉ Time your tasks
- ◉ Beat the clock
- ◉ Set it to music
- ◉ Timers and alarms



# YOUR ORGANIZED KITCHEN



# IN THE KITCHEN...

- ◉ Where are supplies stored?
- ◉ Can ingredients and cookware be easily located and used?
- ◉ Does clutter make food preparation a challenge?
- ◉ Is your kitchen organized by “fit” rather than “use”?

# APPS FOR THE KITCHEN

Topic	iPhone	Android
Cooking	Salad Secrets, iCookbook Diabetic, Big Oven, Evernote Food, iPhoto Cookbook, Mark Bittman How to Cook Everything Essentials, Drag 'n Cook	Big Oven, Evernote Food, Diabetic Audio Recipes Chef Tap, MyCookbook: Cooking Basics Recipe Search
Pantry	Notes, BugMe!, Notability, Best Before	Notes, BugMe!, Colornote, My Pantry, Best Before
Refrigerator	Consume Within, Leftovers, Best Before	Best Before, Food Expiration Saver, Stinky Food
Grocery Shop	Grocery Guru, Grocery IQ, Out of Milk, Diabetes Fooducate, Smarter Shopping, iAteGreat, Seafood Watch, Smarter Shopping with Phil Lempert	Grocery Guru, Grocery IQ, Out of Milk, ToMarket Grocery Shopping, Grocery Smart-Shopping List

# DECLUTTER & ORGANIZE

- Toss
- Donate
- Move
- Group





# TAKE AWAY: CLEAR IS KING

- Visual space
- Hidden space
- Clear containers
- Air space





# YOUR DIABETES TRAVEL GUIDE



# TRAVEL CHECKLIST

- ◉ Medications (include dosage)
- ◉ Vitamins and supplements
- ◉ Pharmacy contact information for both home and away
- ◉ Doctors' contact information
- ◉ Emergency contact numbers
- ◉ Local grocery or convenience stores' phone numbers and hours of operation

# TAKE THE REMEMBERING OUT OF REMEMBERING

- ◉ Set reminders and alerts on your phone
- ◉ Two heads are better than one
- ◉ Use visual cues



# FINAL THOUGHTS

- ◉ Get through the diabetes “must-do’s”, and make time for more “want-to’s”
- ◉ Organize diabetes supplies and improve daily care routines
- ◉ Use kitchen space saving techniques and strategies



[www.susanweinernutrition.com](http://www.susanweinernutrition.com)

[susan@susanweinernutrition.com](mailto:susan@susanweinernutrition.com)

**CONTACT SUSAN WEINER**