LET’S GET ORGANIZED!

Tips and Strategies to Organize Your Life with Diabetes

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ABOUT SUSAN

- 2015 AADE Diabetes Educator of the Year
- 2014 Distinguished Alumna SUNY Oneonta
- Diabetes Medical Advisor, healthline.com
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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

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

- Toss
- Donate
- Move
- Group
TAKE AWAY: CLEAR IS KING

- Visual space
- Hidden space
- Clear containers
- Air space
CLEAR PLASTIC SHOE BAG

Perfect for corralling meters and testing supplies or baggies with pre-portioned snacks!
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