

A vertical decorative bar on the left side of the slide, composed of many small, colorful wooden blocks in shades of green, blue, yellow, pink, and orange, arranged in a grid-like pattern.

HOW TO ORGANIZE YOUR DIABETES MANAGEMENT

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About Susan

- 2016 DRI Dare to Dream Awardee
- 2015 AADE Diabetes Educator of the Year
- 2014 Distinguished Alumna SUNY Oneonta
- Diabetes in Real Life columnist, Endocrine Today
- Co-author “The Complete Diabetes Organizer: Your Guide to a Less Stressful and More Manageable Diabetes Life” and “Diabetes 365”, Spry Publishing





“DIABETES OVERWHELMUS”

*The feeling of being dragged down by the day-to-day
demands of diabetes.*

- Richard R. Rubin, Ph.D., C.D.E.



Elvis is “All
Shook Up”



Hoarding: Buried Alive



Situational Disorganization

- Do you have organizing challenges that affect the quality of your daily life?
- Are you overwhelmed with getting and staying organized?
- Is your home **safe, clean** and **functional**?



How Can Good Organizational Skills...

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



**Don't Organize
Perfect, Organize
*Enough***



**Checklists are for
remembering.
Brains are for thinking!**



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



Takeaway #1: 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
- Do the “clean sweep”
- Create roadmap



Get Up & Go

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



The 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

- S = Sort
- P = Purge
- A = Assign
- C = Containerize
- E = Equalize



Group Together



Turn it around!



Prime Real Estate



Keep items you use most often in your prime real estate;
the space between your shoulders and your knees.

**Ready? Set?
Restock!**



Takeaway #2: 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



Organizing Paperwork



2 Major Categories

Reference



Current





2 Major Categories

Reference Documents

- Medical history
- Old insurance policies
- Old flex spending information
- Settled insurance claims
- Old lab reports
- Paid medical bills
- Past blood glucose or food log books

Current Documents

- Insurance policies
- Current flex spending receipts
- Current lab results
- Current blood glucose and CGM data
- Current medication lists
- Recent food journal or exercise log

Filing It All Away

- Categorically
- Chronologically
- Color-coding
- Binders
- Going paperless

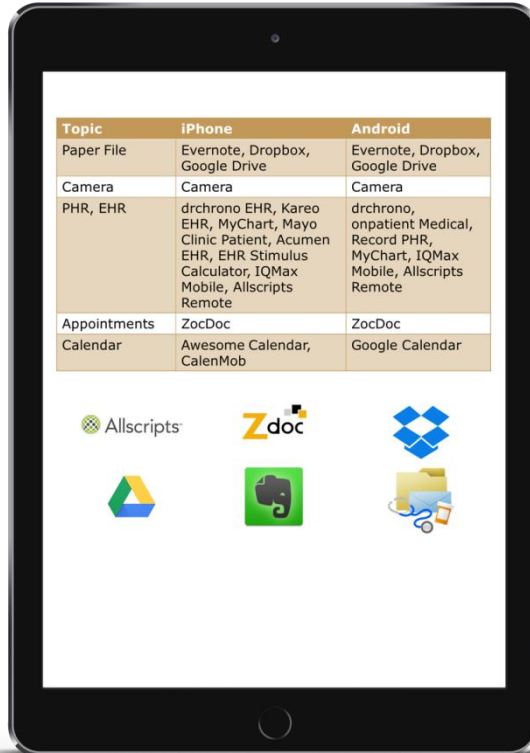


Go Paperless

- Google Docs or other cloud based format
- Scan documents
- Create folders on your computer
- Digital health history organizers



Apps for Paperwork



Almost Done!





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
- Keep track of medical paperwork

**We don't organize perfect, we organize
enough**



Any Questions?



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NUTRITION

