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
“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

<table>
<thead>
<tr>
<th>Topic</th>
<th>iPhone</th>
<th>Android</th>
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<td>Cooking</td>
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<td>Pantry</td>
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<td>Notes, BugMe!, Colormote, My Pantry, Best Before</td>
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<td>Refrigerator</td>
<td>Consume Within, Leftovers, Best Before</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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Declutter & Organize

- S = Sort
- P = Purge
- A = Assign
- C = Containerize
- E = Equalize
Group Together
Turn it around!
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 of 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

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<td>Calendar</td>
<td>Awesome Calendar, CalenMob</td>
<td>Google Calendar</td>
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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?
Contact Susan Weiner

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