



ESKATON®  
Transforming the Aging Experience

# Diabetes Wellness Program



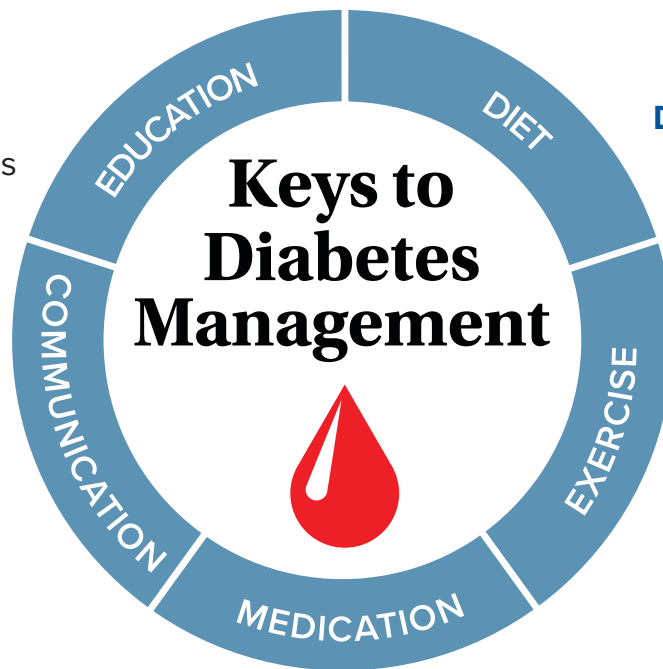
At Eskaton, we have designed our Diabetes Wellness Program to provide older adults with the five key components to effective diabetes management – including supporting those with vision impairment, limited dexterity due to arthritis, dementia or other cognitive changes.



## YOUR DIABETES CARE TEAM

- Primary Care Provider
- Pharmacist Consultant
- Quality & Compliance
- Nurses
- Registered Dietitians
- Executive Director
- Executive Chef
- Your caregivers

**Education** is key to understanding how diabetes affects your body. Licensed nurses will assist with monitoring blood glucose and provide education on how to manage your diabetes appropriately. You and your family are involved through the education process of your personal plan of care.



**Diet** is important and eating healthy is key to managing diabetes well. We feature a varied menu with diabetic-friendly options at every meal. We'll teach you how to choose wisely.

**Communication** is key to providing a seamless diabetes treatment by involving residents, families, primary care physicians and staff to coordinate care and support.

**Medication** is key to managing diabetes by taking the right prescriptions and supplements at the right time.

**Exercise** is key to building and maintaining strength, cardiovascular wellness, a healthy metabolism, and emotional well-being. We give you opportunities – and show you how – to exercise right.

## DIABETES MANAGEMENT

- Licensed nurses assist with monitoring blood glucose
- Medication management
- Menu planning includes well-balanced and healthy low carbohydrate meal options
- Assist with blood pressure monitoring
- Ongoing communication with your care team members and primary physician



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