

18. DIABETES

Diabetes is a serious condition you need treatment for.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

Up to one million people in the UK
have diabetes without knowing it.

People with learning disabilities are more
likely to get diabetes than other people.

There are two types of diabetes. These are explained on page 2

Being overweight, eating
a poor diet and doing little
exercise can make you more
likely to get Type 2 diabetes.



WHAT IS DIABETES?

Diabetes is when the amount of sugar in your blood is too high because your body cannot use it properly.



People with diabetes check their blood sugar with a special machine.

People with diabetes need to do enough exercise and choose food that has less fat and sugar in it.



Type 1 diabetes

People who get Type 1 diabetes usually get it before they are 40 years old.



It is treated with injections, a healthy diet and exercise.

Type 2 diabetes

People who get Type 2 diabetes usually get it after they are 40 years old.



It is treated with a healthy diet, exercise and sometimes tablets too.

THINGS TO CHECK

- 1 If you have diabetes do you need more advice or support to stay healthy?

If you have diabetes you need regular health checks.



A diabetes health check every year at your doctor's surgery.



An eye test every year at your optician instead of every two years.



Regular chiropody appointments to look after your feet.



You may also need support to eat healthy food and do enough exercise.

Diabetes UK

The Diabetes UK website has advice and information on living with diabetes.



www.diabetes.org.uk

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos and Easy Read leaflets about diabetes designed by many different organisations.

Look in the 'Health videos' and 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

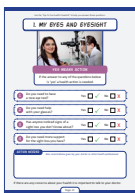


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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