

## Helpful Tips

### Physical Impact

- PDPN may be painful for all involved
- PDPN may limit daily activities
- PDPN may restrict energy and motivation

### Financial Planning

- Prepare for increased medical expenses
- Budget template at [www.theacpa.org](http://www.theacpa.org)
- Medicare plans at [www.Medicare.gov](http://www.Medicare.gov)

### Self-Care

- **Regular medical checkups** are important for yourself and the person with PDPN.
- **Biofeedback** is one of several relaxation techniques. You can learn these techniques at [www.theacpa.org](http://www.theacpa.org)
- **Positivity** is a type of mindfulness that helps caregivers encourage the person with PDPN to find healthy motivation.



Always discuss caregiving with your healthcare team. Healthcare teams will offer suggestions on treatment options, **adherence**, healthy lifestyles, finding support, and medically relevant financial concerns. Members of healthcare teams may include nurses, doctors, nurse practitioners, physician assistants, pharmacists, physical therapists, and nutritionists.

## Support Groups for Caregivers



American Chronic Pain Association  
[www.theacpa.org](http://www.theacpa.org)

The Family Caregivers Alliance  
[www.caregiver.org](http://www.caregiver.org)

National Alliance of Caregivers  
[www.caregiving.org](http://www.caregiving.org)



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[www.theacpa.org](http://www.theacpa.org)



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# PDPN

Painful Diabetic Peripheral Neuropathy

## Caregiver

**It's okay to care for yourself.**

You can't care for others if you don't **take care of yourself first.**

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## What is PDPN?

- Nerve damage caused by diabetes
- Leads to pain in your feet or hands
- Often presents w/ depression & anxiety

## Understanding the Situation

- Significant impact on the caregiver
- Adjustments for everyone involved
- Two sides to every PDPN experience

## Emotions of the PDPN Caregiver

- Why did this happen?
- How can I help?
- Will I be capable?



## Caregiver Self-Care



### Form a Healthy Daily Routine

Encourage the Person w/ PDPN  
Make Time and Enjoy a Hobby  
Call or Meet a Positive Friend  
Educate Yourself on PDPN  
Enjoy Some Personal Time  
Plan and Follow Through  
Keep on Schedule  
Compassion



## 3 Steps to Balancing



### Life & Caregiving



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### Share Healthy Daily Routines

Adhere to a PDPN Management Plan  
Practice Relaxation Techniques  
Schedule Regular Checkups  
Talk + Listen and Vice Versa  
Join a Support Group  
Low Impact Exercise  
3-Healthy Meals  
Sleep 7-9 Hours  
Stay Positive  
Budget



## Person with PDPN



### Form a Healthy Daily Routine

Follow Prescribed Management Plan  
Show Appreciation to Your Caregiver  
Make Time and Enjoy a Hobby  
Call or Meet a Positive Friend  
Educate Yourself on PDPN  
Enjoy Some Personal Time  
Plan and Follow Through  
Stay on Schedule

