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
- Medicare plans at 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
- Positivity is a type of mindfulness that helps caregivers encourage the person with PDPN to find healthy motivation.

Support Groups for Caregivers

American Chronic Pain Association
www.theacpa.org

The Family Caregivers Alliance
www.caregiver.org

National Alliance of Caregivers
www.caregiving.org

Caregiver

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.

This information is made available with the understanding that the ACPA is not engaged in rendering medical advice or recommendations. This information is provided for informational purposes only and should not be used as a substitute for necessary consultations with a qualified health care professional. Always consult a medically trained professional with questions and concerns you have regarding PDPN.

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PDPN
Painful Diabetic Peripheral Neuropathy

It’s okay to care for yourself.

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

Support provided by a grant from Averitas Pharma, Inc.
What is PDPN?
• Nerve damage caused by diabetes
• Leads to pain in your feet or hands
• Often presents with depression & anxiety

Understanding the Situation
• Significant impact on the caregiver
• Adjustments for everyone involved
• Two sides to every PDPN experience

Caregiver Self-Care
1. Form a Healthy Daily Routine
   - Encourage the Person with 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

2. 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

Emotions of the PDPN Caregiver
• Why did this happen?
• How can I help?
• Will I be capable?

Person with PDPN
3. 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