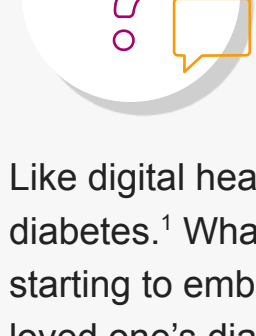


Keeping caregivers plugged in

Tech-up Perspectives
Issue 2 | October 2023

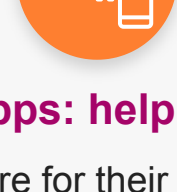
In this issue, Diabetes Tech-up™ podcast cohost Amy Tenderich discusses caregiving for people with diabetes and how technology can help caregivers assist their loved ones. There's also a [new podcast episode](#) and [new article](#) from Dr Alicia Shelly about helping patients open their eyes to diabetes tech.



Amy, how can diabetes technology help facilitate caregiving?

Like digital health technology, caregivers can be powerful partners for people with diabetes.¹ What excites me is that I've talked to several caregivers who are also starting to embrace tech and discover new ways to become more involved with their loved one's diabetes management.

Here are 3 areas where I've seen tech be especially helpful to caregivers of people with diabetes.

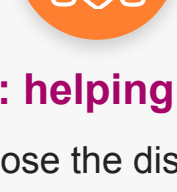


Staying connected with apps: helping streamline remote care

A caregiver can't always be right there for their loved one, but fortunately there are tech options that can help them be present in ways they couldn't be before. Certain apps that help with tracking can help caregivers remotely monitor their loved one's glucose levels and other vital information.²

Other apps can help both parties keep track of diabetes medications. For example, one app lets caregivers set conditional reminders—if their loved one doesn't respond to the reminder notification within half an hour, the app then notifies the caregiver.

Beyond apps, telehealth has made it easier for caregivers to be present at virtual appointments so they can help their loved ones by taking notes or asking questions.³

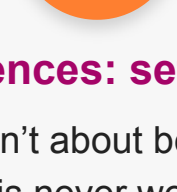


Data-driven communities: helping keep loved ones engaged

Tech can do much more than help close the distance between caregiver and care receiver. There are also apps designed for both people with diabetes and their caregivers to use together, to help keep everyone engaged.

One app reads CGM data and rewards stars to people who meet their management goals. Caregivers can use the app's community feature to encourage their loved ones and offer some accountability.

Another app can bring everyone involved in a person's care into a group that can collaborate on dose logging and other aspects of diabetes management. There's a clear use case for families with young children, but I think caregivers for patients of any age could appreciate an experience like this one.



Tailored experiences: setting boundaries

In my opinion, effective caregiving isn't about being a watchdog. I always tell people that acting like the "diabetes police" is never well received. Instead, I believe empathy is key, and displaying empathy actually starts with setting boundaries and allowing the patient to have some ownership in their care. Especially for parents, finding the right balance of helping enough but not too much can be a challenge.

To help with this, there's a cool platform in development that provides personalized health coaching tailored to young people. The short-form engagement platform is designed to reach young people on the social media channels they are already using and where they feel comfortable.

For caregivers, finding ways to meet their loved ones on common ground, without overstepping, is important to promote helpful involvement in diabetes self-management. It's exciting that tech may be able to help facilitate that.

Caregiving can feel thankless at times, and it's easy for caregivers to feel isolated.⁴ The good news is that there's a lot of digital support available for these people, and you can help them find it. I recommend talking to your patients' caregivers—find out what they need and be ready to point them toward tech that can help.

Descriptions of the technologies and their features in this article reflect the research and opinion of the author.



Amy Tenderich

Amy is a journalist, patient advocate, and diabetes tech expert working to connect patients, providers, and industry leaders. Amy received a fee from Novo Nordisk for her participation.

Latest on DiabetesTechUp.com



PODCAST **Ep 5: Tech, please! Automating data capture and diabetes management tasks**

In this episode, our cohosts look at ways to save time while strengthening the relationship between patients and providers. Topics include telehealth, diabetes data logging, and insulin dosing.

20 min listen

[Listen now →](#)



ARTICLE **Creating “aha!” moments: 3 ways I use diabetes tech to help patients overcome self-management barriers**

My step-by-step approach to helping patients discover tech in their own way.

Alicia Shelly, MD, FACP | 6 min read

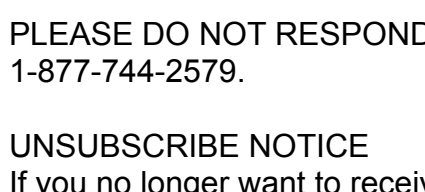
[Read the article →](#)

References:

1. Miller TA, DiMatteo MR. Importance of family/social support and impact on adherence to diabetic therapy. *Diabetes Metab Syndr Obes.* 2013;6:421-426. doi:10.2147/DMSO.S36368
2. Allen NA, Litchman ML, Chamberlain J, Grigorian EG, Iacob E, Berg CA. Continuous glucose monitoring data sharing in older adults with type 1 diabetes: pilot intervention study. *JMIR Diabetes.* 2022;7(1):e35687. doi:10.2196/35687
3. Crossen S, Bruggeman B, Haller M, Raymond J. Challenges and opportunities in using telehealth for diabetes care. *Diabetes Spectr.* 2022;35(1):33-42. doi:10.2337/dsi21-0018
4. Schempp D. The Emotional Side of Caregiving. Family Caregiver Alliance. 2014. Accessed July 12, 2023. <https://www.caregiver.org/resource/emotional-side-caregiving/>

The Mission of Diabetes Tech-up™

Diabetes Tech-up™ is sponsored by Novo Nordisk, a global leader in diabetes. We believe that adoption of innovative technologies can help appropriate patients better manage diabetes. Our goal is to help providers on the front line of diabetes care strengthen their understanding of diabetes technologies and implement them where they can have the greatest impact.



PLEASE DO NOT RESPOND TO THIS EMAIL. If you would like to contact us, please [click here](#) or call 1-877-744-2579.

UNSUBSCRIBE NOTICE

If you no longer want to receive communications from Novo Nordisk, [click here](#) to unsubscribe. You also may call us at 1-877-744-2579 or send us a letter that includes your full contact information (eg, name, email address, phone) to Novo Nordisk, 800 Scudders Mill Road, Plainsboro, New Jersey 08536. To better understand how Novo Nordisk values your privacy, see our [Privacy Statement](#).

