

With a little help, diabetic seniors can remain independent at home



Diabetes is a common disease that a significant number of seniors have to deal with as they age. When uncontrolled, it can lead to serious and more costly complications such as cardiovascular disease and stroke. Diabetes that is not managed can also mean the end of independent living at home. If you or someone you love has diabetes and wants to remain healthy at home, see how the trusted, caring and experienced homemakers from **Visiting Homemaker Service (VHS) of Hudson County** can remedy the situation. To learn more, visit vhshc.org



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Trusted. Caring. Experienced.

Complications from diabetes are preventable. Some important facts from the American Diabetes Association:

- **18% of Americans 65 years of age and older have diabetes.**
- **Cardio-vascular disease is 2-4 times higher among persons with diabetes.**
- **Complications from the disease include blindness, kidney failure and amputation and are preventable in most cases with regular check-ups and education.**
- **The risk of stroke is 2-4 times higher and causes 65% of deaths among persons with diabetes.**
- **Diabetics are roughly three times more likely to die of the complications from flu or pneumonia than people without the disease.**

Registered Nurses or Social Workers provide the following services:

- **Health Education** to help clients and families understand treatments and routines and promote recognition of signs and symptoms to prolong health. This reduces the anxiety surrounding the illness and the feeling of dependency.
- **Medication Management** to assure that medication instructions are being followed and health is maintained.
- **Health Supervision** to identify any change in condition allowing for earlier intervention to avert more serious complications from diabetes.

VHS Nursing Care professionals also check vital signs and test results, assure that treatment plans are being fulfilled properly at home, and coordinate community services.

Call today and get started! (201) 656-9012



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