

Take Charge With These Simple Steps to Prevent Diabetes

- Practical tips for healthy eating, gentle activity, and daily support to reduce your diabetes risk.

This a perfect time to take a proactive step toward better health. Diabetes affects millions of Canadians, especially older adults, but small, everyday changes can lower your risk and help seniors manage their health with confidence.

Understanding Diabetes

Diabetes occurs when the body cannot properly use or produce insulin, the hormone that regulates blood sugar. Over time, high blood sugar can lead to:

- Heart disease
- Kidney problems
- Vision loss
- Nerve damage

Main types:

- Type 1: Body doesn’t produce insulin, usually diagnosed in youth
- Type 2: Most common; body becomes resistant to insulin, often in adulthood

Why Seniors Should Take Note

Metabolism slows and activity often decreases with age, raising the risk of Type 2 diabetes. Certain medications or health conditions can also affect blood sugar.

The good news? **Healthy habits at any age make a meaningful difference.**

Simple Steps to Prevent or Manage Diabetes

- 1. Eat Well** – Focus on vegetables, fruits, lean proteins, and whole grains. Limit sugar and processed foods.
- 2. Stay Active** – Gentle daily movement, like walking or stretching, helps the body use insulin efficiently.
- 3. Stay Hydrated** – Drinking plenty of water supports overall wellness.
- 4. Get Regular Check-Ups** – Routine blood sugar, blood pressure, and cholesterol screenings catch changes early.
- 5. Manage Stress** – Calm activities like music, reading, or time outdoors help maintain healthy blood sugar.

How a Private Home Care Agency Can Support Diabetes Management

Managing diabetes doesn’t have to be overwhelming. *At Seniors Choice*



Small, everyday changes can lower your risk of diabetes and help seniors manage their health with confidence.

For Care Inc., we provide **personalized, holistic support** that helps seniors maintain healthy routines, manage medications, and live confidently at home.

We assist with:

- **Balanced Meal Planning & Preparation** – Diabetes-friendly meals that are nutritious and enjoyable
- **Medication Reminders & Support** – Ensuring medications and insulin are taken on time
- **Daily Activity & Gentle Exercise** – Tailored movement to maintain strength, mobility, and blood sugar control
- **Hydration & Lifestyle Support** – Encouraging and supporting healthy daily routines
- **Compassionate Companionship** – Emotional support, active engagement and social connection
- **Monitoring & Communication** – Coordinating care with family and healthcare providers

Take Charge Now

Diabetes is serious but manageable with awareness, prevention, and the right support. By combining healthy habits with person-centred, holistic home care and a personalised care plan, seniors can manage diabetes more effectively while maintaining independence and peace of mind.

Seniors Choice For Care Inc., a private, independent local home care agency, has been empowering seniors age in place with confidence, connection, and affordability since 2010. For more information, visit: <https://www.seniorschoiceforcare.ca/>

Manage Diabetes with Confidence

Quick Facts

-  1 in 3 seniors are at risk of type 2 diabetes
-  Blood sugar management is key to healthy aging
-  Early detection prevents complications

Daily Management Tips

-  **Healthy Eating**
Balanced meals with fiber, lean protein, and low sugar
-  **Stay Active**
30 min walk or light exercises daily
-  **Medication**
Take as prescribed; track doses
-  **Hydration**
Drink plenty of water
- Monitor**

Support & Resources



Flexible home care can help with meals, medication reminders, and daily routines

Encouragement and companionship improve adherence to healthy habits