

5 Key Points for Management of DM-ADRD

1. Individualize management based on comorbidities, function and patient/family preferences
2. As you individualize HbA1c, suggested targets: 7-7.5%, healthy with good function; 7.5-8.0%, comorbidities and some functional capacity; 8-8.5%, multiple comorbidities and poor function
3. Consider simplifying regimen, especially medications
4. Check for caregiver stress (stress thermometer); refer to psychosocial resources as needed
5. Screen DM patients for cognitive impairment if ≥ 75 or younger patients if there are concerns

Refer:

Neurology: atypical cognitive impairment presentation, behavioral issues requiring medications, imaging is desired, family or patient preference

Endocrine: hypoglycemic episodes, complex regimen, poor glycemic control for health status

Resources

CaringKind – Social work services, financial and legal planning, support groups, education and caregiver training, workshops, and safety program

Website: <https://www.caringkindnyc.org>

24/7 Helpline: 646-744-2900

New York Memory Center: Brooklyn – Day center, transportation, family resources, caregiver support

Website: <https://www.nymemorycenter.org>

Phone: 718-499-7701

Downstate Center of Excellence for Alzheimer's disease –

Medical support, telehealth services, education, social workers, and support services

Providers should provide referral

Website: <https://www.downstate.edu/alzheimers-cead/index.html>

Phone: 1-718-270-2003

Alzheimer's Association - education, support groups, and community resources

Website: <https://www.alz.org/nyc>

24/7 Helpline: 1-800-272-3900

Heights and Hills – Day center, home-delivered meals, help with household chores, support groups

Website: <https://www.heightsandhills.org/>

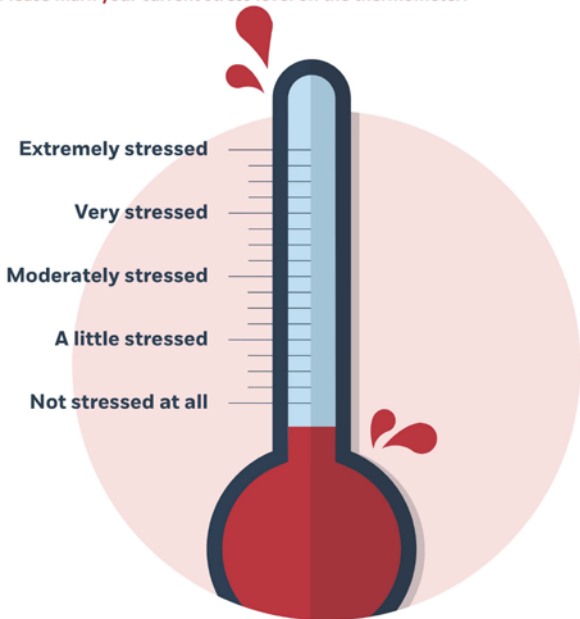
Email: info@heightsandhills.org

Phone: 718-596-8789

My Stress Thermometer

*STRESS: Feeling tense, nervous, anxious, restless, or unable to sleep because your mind is troubled all the time.**

Please mark your current stress level on the thermometer:



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