

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

Alzheimer’s Association (Long Island Chapter) – Education, support groups, and community resources
 Website: <https://www.alz.org/longisland>
 24/7 Helpline: 800-272-3900

Long Island Alzheimer’s Foundation – Day programs, support groups, and community events
 Website: <https://www.liaf.org>
 Phone: 516-767-6856

Alzheimer’s Disease Resource Center – Education, care consultations, and support groups
 Website: <https://www.adrcinc.org>
 24/7 Helpline: 1-855-732-4500
 Phone: 631-580-5100

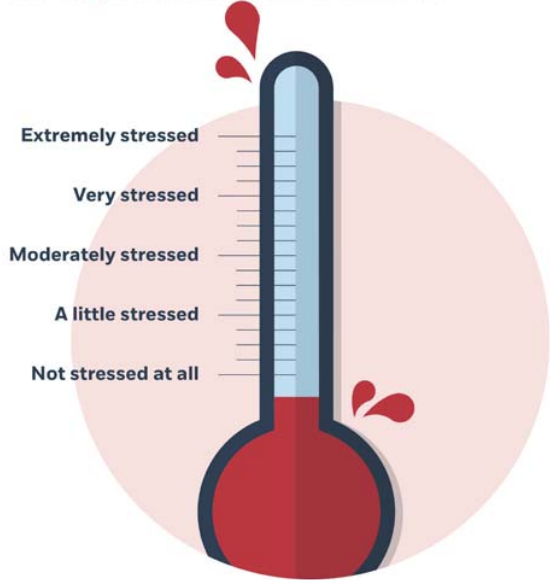
NYU Barlow Center for Memory Evaluation and Treatment – Neurology, psychology, geriatrics, social workers, and support services
 Providers should provide referral
 Website: <https://nyulangone.org/locations/pearl-i-barlow-center-for-memory-evaluation-treatment>
 Phone: 212-263-3210

Nassau County Office for the Aging - General case management services, food assistance, transportation, senior centers, caregiver resources
<https://www.nassaucountyny.gov/1438/Aging>
 Email: seniors@hhsnassaucountyny.us
 Phone: 516-227-8900

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:



1 ID: _____ Date: _____

©S. Borson | *Reference: Eio A-L, Leppänen A, Jahkola A. Scand J Work Environ Health 2003;29(6):444-451.

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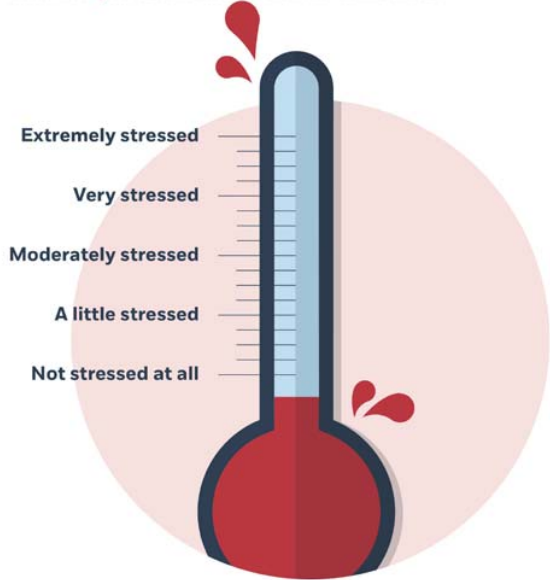
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