5 Key Points for Management of Adults with Diabetes & Dementia (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
24/7 Hotline available: 646-744-2900

NYU Family Support Program
Education, support groups, and community resources
Email: family.support@nyumc.org
Phone: 646-754-2277
Website: https://nyulangone.org/locations/alzheimers-disease-related-dementias-family-support-program

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

Alzheimer’s Association
Education, support groups, and community resources
Website: https://www.alz.org/nyc/helping_you
Phone: 1-800-272-3900

New York City Department for the Aging
General case management services, food assistance, transportation, senior centers, caregiver resources
Website: https://www1.nyc.gov/site/dfta/index.page
Patient or caregiver can enter patient zip code which will tabulate list of community resources
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