

**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  $\geq 75$  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](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*

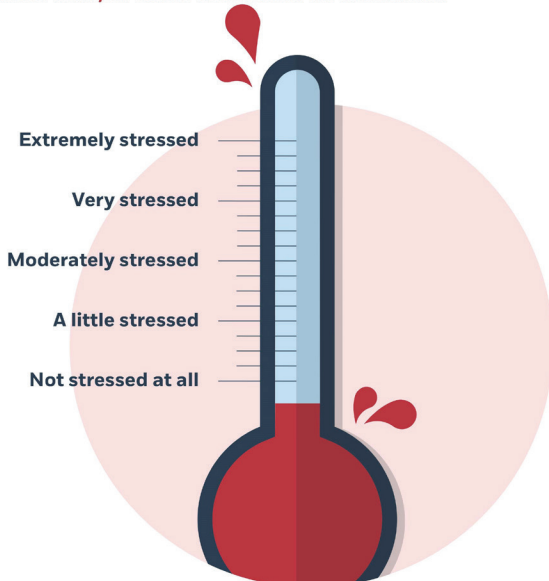
Website: <https://www1.nyc.gov/site/dfta/index.page>

Patient or caregiver can enter patient zip code which will tabulate list of community resources

**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:**



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

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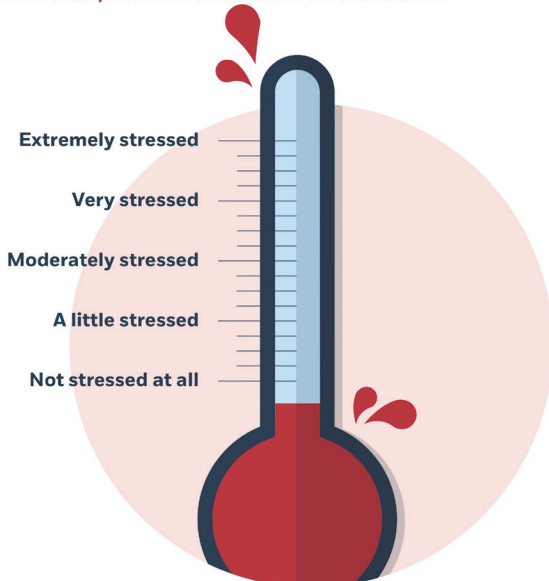
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