

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 - education, support groups, and community resources.

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

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

Self Help - serves more than 20,000 older adults and other vulnerable populations throughout New York. Includes senior centers, case management and respite programs.

Website: <https://www.selfhelp.net/>

Contact: (718) 321-8194

SNAP - Social Adult Day Program includes transportation (in rage), arts and crafts, dance and chair exercises, music and memory program, hot lunch, snacks and nurse on site.

Website: <https://snapqueens.org/servicesprograms>

Contact: (718) 683-4140

Queens Community House - Case management, home delivered meals, friendly visiting, senior centers, transportation and NORC (Naturally Occurring Retirement Community).

Website: <https://www.qchnyc.org/programs>

Contact: (718) 268-1412

Sunny Side Community Services – counseling, social adult day program, home care services, recreation, fitness and educational activities, case management, benefits counseling and friendly visiting.

Website: www.scsny.org

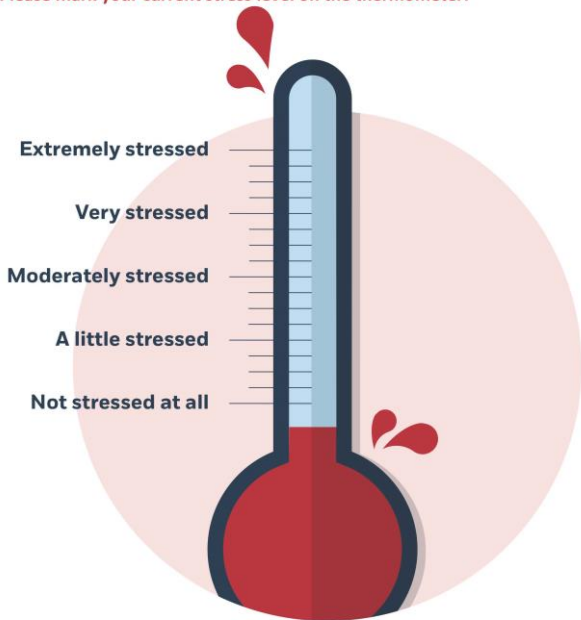
Contact (718) 784-6173

DC 12/11/2020

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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