

SENIOR PLANET
FROM **AARP**

Wellness Wednesday 

Emergency Readiness for Diabetes and Beyond



Guest Presenters:
**Joanne Milo, Laurie
Harper, Dan Hager
and Jack Griswold**

Nearly 1 in 8
Americans live with
diabetes today.



The Most Common Kinds of Diabetes

Type 1

Over 2 million Americans are living with type 1 diabetes

Type 2

Over 38 million Americans are living with type 2 diabetes

GDM

Every year, up to 9% of pregnancies in the US are affected by gestational diabetes (GDM)

How is diabetes treated?

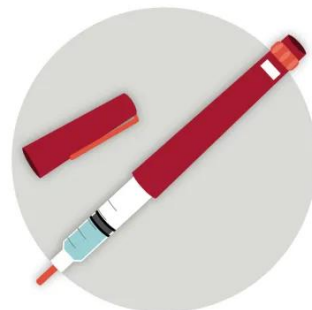
Diabetes may be treated with meal planning, physical activity, and medications—which may include oral medications, insulin, or other injectable medications.



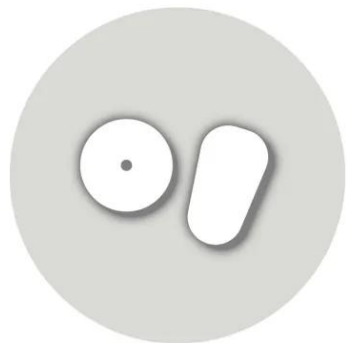
Devices and Technology



Blood Glucose
Meter



Smart
Insulin Pen



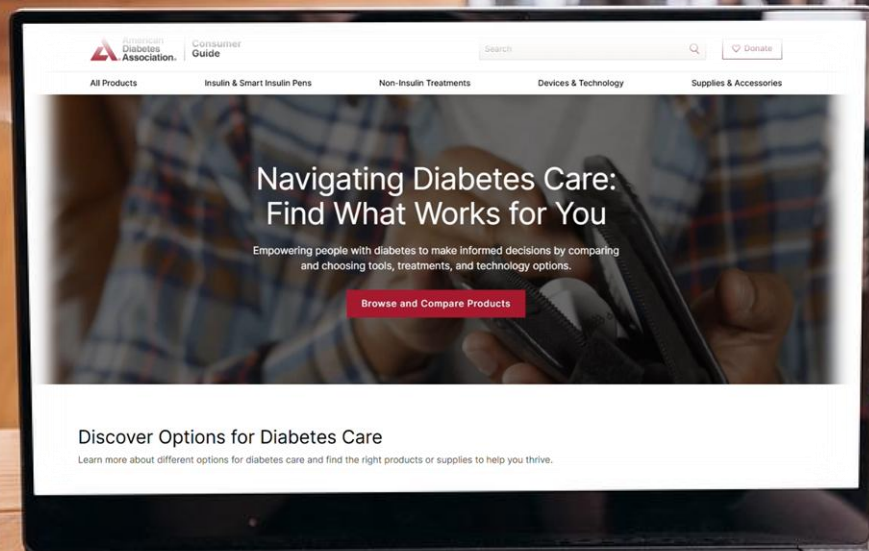
Continuous
Glucose
Monitor (CGM)



Insulin
Pump

UPDATED

Consumer Guide



Explore
the guide



consumerguide.diabetes.org





Diabetes and Emergency Preparedness

American Diabetes Association® Statement on Emergency and Disaster Preparedness

Lessons from Hurricane Katrina included the difficulties of:

- Obtaining needed medication and testing supplies
- Providing consistent replacement medication
- Impact of abrupt change in diet, lack of medication, and stress



Hyperglycemic Crises

Diabetic ketoacidosis (DKA) and the **hyperglycemic hyperosmolar state (HHS)** are the two most life-threatening hyperglycemic emergencies. Stress, infection, and not receiving your insulin can lead to these serious conditions.



Emergency Kit

Prepare at least a week's worth of supplies, which could include:

- List of important information
- All medications, such as insulin
- Devices/supplies needed to take medications and monitor blood glucose
- Chargers/extra batteries for devices
- Other supplies for managing diabetes
- Quick-acting source of glucose

Keep in an easily identifiable container.
Store in an easily accessible location.



Emergency Contacts

- An emergency supply kit should contain a list of emergency contacts.
- Wearing medical identification will enable responders to identify and address medical needs.



Emergency Shelter

Under the Americans with Disabilities Act, places of public accommodation must make modifications as needed to ensure equal access. Here are some examples for people with diabetes.

- Modification to “no sharps” or “no animals” policies
- Modification to policies restricting types or amounts of snacks or drinks allowed
- Allow unrestricted bathroom access
- Allow for safe and responsible administration of insulin and blood glucose testing
- Provide refrigeration for appropriate storage of medication
- Remove structural roadblocks or provide alternative measures, as needed, for people with neuropathy, amputations, etc.
- Provide appropriate aids for people whose vision is impaired

Places of public accommodation are **not** required to provide diabetes supplies, food, or drinks.

Contact Us

Visit **diabetes.org** or call **1-800-DIABETES** (800-342-2383) Monday through Friday from 9:00 a.m. to 5:30 p.m. ET to learn more about these resources and:

- How to prevent or manage diabetes
- Healthy living
- Getting involved by participating in local ADA events
- Advocacy for people with diabetes



Practical Perspectives

- Emergency kit
- Daily kit
- Travel considerations

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