

## Checklist for Vision Professionals working with Diabetics

Had diabetic education by a healthcare professional in the past year

### Checks blood glucose

Inserts strip

Applies blood

Result can be seen or heard

### Manages diet and exercise

Accesses information on food labels

Determines proper serving size

Understands carbohydrates and their role in blood sugar levels

Understands protein and fiber and their role in diet

Has access to exercise equipment

Follows exercise plan

### Self care

Weighs self

Measures blood pressure

Takes body temperature

### Cares for feet

Trims nails

Keeps feet clean and dry

Wears proper footwear

Knows symptoms of potential foot problems

Identifies symptoms of low and high blood glucose

Has emergency plan for sick days

### Record keeping

Keeps phone numbers for doctor/pharmacy in accessible format

Keeps log of glucose, body weight, blood pressure, and temperature if requested by doctor



Older Individuals who are Blind – Technical Assistance Center

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Has a system for keeping track of appointments

Medication measurement and management

Knows directions for all medications

Refills medications

Measures insulin

Gives injection of insulin

Disposes of sharps appropriately

Transportation

Finds transportation to all medical appointments

Has emergency plan for situations that may come up