



Jenna Eisenberg, MS, LMFT
Denver Diabetes Counseling



Ellen Fay-Itzkowitz, LCSW, CDE
Barbara Davis Center for Diabetes




www.EPICconferences.org



MARCH 3, 2018 | SHERATON DOWNTOWN DENVER


EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE




www.EPICconferences.org

YOU ARE TAKING CARE OF THEM. ARE YOU TAKING CARE OF YOU?

JENNA EISENBERG, LMFT AND ELLEN FAY-ITZKOWITZ, LCSW, CDE



Omgosh, did they just say their child is high?




www.EPICconferences.org

LIFE WITH T1D: COMMON CHALLENGES

- Normal Grief and Adjustment
 - Feelings
 - Acceptance
- Family Dynamics/Changes
- Poor Family Communication
- Depression/Anxiety/Major Mental Health Issues
- Substance Abuse and Use
- Diabetes Burnout for kids and parents
- Interacting with Your Medical Team
- Food Issues
- Independence
 - School, Sleepovers, College, Dating
- Advocacy and Education
 - Dealing with ignorance
 - Bullying and Disclosure
- Financial Challenges





www.EPICconferences.org

FINDING EMOTIONAL STRENGTH AND POSITIVE AND SELF-TALK

- Don't let Diabetes win! You can't control the process all of the time; take care of things one day at a time.
- Your feelings are normal, feel them, but recognize your own reactions/emotions and how they may be affecting you and your family.
- Remember you are not alone!
- Don't question yourself too much, you are doing the best you can with the situation and resources that you have. You will never have all the answers and that is ok.
- Seek resources.



www.EPICconferences.org



TRY...

- Reframing your thinking, you aren't hurting them, you are helping them
- Know your limits and have a plan when you get there; try something new, take a break, self care.
- Kids crave structure and boundaries, don't be afraid to provide them with that.
- You are not punishing them for having diabetes or bad numbers, you are reinforcing positive behaviors.
- Find developmentally appropriate ways to give your kids some control and independence. They can handle it, can you?



www.EPICconferences.org



GOOD SELF CARE

- Use your partner or family members for support.
- Get a regular babysitter that you can teach all about diabetes and go out on a date.
- Give yourself a break: get out and do something for yourself.
- Find a new hobby or take a class.
- Schedule one hour per day that you are NOT in charge of Diabetes.
- Engage in regular physical activity.
- Talk, write and/or talk some more to friends, family, peers and professionals.
- Get plenty of sleep.
- Ask for professional help when you need it.
- Join a support group.

Remember, it's not enough to keep your child in good physical and mental health, you must keep yourselves that way too.

www.EPICconferences.org



You have been given a special task, raising a child with diabetes. That makes you strong, special people and families. If you weren't up to it, you wouldn't be entrusted with it...

Every time you or your child pokes a finger or gives an injection, let it be a reminder that you are a strong people capable of doing difficult things.

www.EPICconferences.org



HI THERE



LET'S HAVE A SNOW BALL FIGHT!



www.EPICconferences.org

DISCUSSION



www.EPICconferences.org

TAKE THREE BREATHS...



www.EPICconferences.org