

Tips for Patient Partners: Talking with Care Partners About Health

- ◆ **These conversations are meant to focus on how YOU are doing with your diabetes self-care.**

Even if it feels a little uncomfortable at first, it is important to focus on your own health rather than other things that you both might like to discuss. After you've reviewed your health assessments and talked about your diabetes self-care, you can move on to other topics. Remember, your Care Partner has agreed that this is important.

- ◆ **Remember that your Care Partner is trying to help.**

Even if you don't always agree with advice your Care Partner gives, try to listen carefully and be respectful.

- ◆ **No one can manage their diabetes perfectly.**

Everyone misses medications or eats things they probably shouldn't from time to time. It is very important to be as honest as possible with your Care Partner about how you are doing. Even if you are a little embarrassed or worried that they'll be disappointed, try letting your Care Partner know about the things that might not be going so well. Your Care Partner is there to help!

- ◆ **Do your best to come up with ideas and solutions to problems on your own, and then discuss them with your Care Partner.**

YOU are the best person to know what will and what won't work, but sometimes it can be helpful to talk through the options with someone. If you don't know what to do, don't worry. You and your Care Partner can work on it together.

- ◆ **Agree on action plans with your Care Partner and try them out.**

Try to be honest if you have doubts about your ability to follow-through on ways to meet your goals and come to an agreement with your Care Partner about

what might be best to try. If things don't work out, you can discuss why it didn't work the next time that you talk and make a change of plans.

See the *Action Planning* section in this handbook for information, tips and examples about action planning.