

## Tips for Care Partners: When Your Partner Needs More Help

As a Care Partner, you can play a key role in helping your partner to remember upcoming medical appointments, knowing when to contact their healthcare team, and finding programs or resources that might help them to manage their health.

We suggest that you support your Patient Partner in contacting their doctor or nurse themselves, whenever possible. Remember, your partner is in charge of their diabetes care, and their health care team can be much more helpful if they can ask the patient directly about any symptoms or other problems they are experiencing.

Being a Care Partner does not mean that you should give advice to your partner about changing or stopping medications. If you and your Patient Partner are wondering if medications should be changed, discuss this with the patient's doctor or nurse.



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