

DIABETES MANAGEMENT

The following diabetic resources and devices can help persons with impaired vision manage their own diabetes safely and successfully. There are currently many devices on the market; this guide describes ones we have found particularly useful. Many of them are available for demonstration by appointment at CSBPS, so you may choose the device(s) best suited to your personal needs. Some devices are available for purchase at the CSBPS store, SightConnection. Additional information on diabetes and diabetes support groups may be obtained through the American Diabetes Association at (206) 282-4616 or (800) 628-8808. Or call CSBPS at (206) 525-5556 or (800) 458-4888.

Agencies

Community Services for the Blind and Partially Sighted

9709 3rd Ave NE #100

Seattle, WA 98115-2027

(206) 525-5556

(800) 458-4888

www.csbps.com

CSBPS provides services designed to help persons living with diabetes and vision loss remain independent. Our rehabilitation specialists offer in home visits during which they can demonstrate talking glucose meters and other devices useful to diabetics.

American Diabetes Association (ADA)

Washington Association of Diabetes Educators (WADE)

557 Roy Street, Lower Level

Seattle, WA 98109

(206) 282-4616

(800) 628-8808

www.diabetes.org

Provides educational literature, lending library, patient and professional education programs, referral services and summer camps for children with diabetes.

Community Services for the Blind and Partially Sighted

NIDDK (National Institute of Diabetes and Digestive and Kidney Diseases)

1 Information Way

Bethesda, MD 20892-3560

(301) 654-3327

(800) 860-8747

www.niddk.nih.gov

contact: www2.niddk.nih.gov/Footer/ContactNIDDK

This program provides information on current research and free outreach program kits for diabetics called “Do your level best.”

Lilly Cares Patient Assistance Program

(800) 545-6962

www.lillycares.com

Program that allows insulin dependent diabetic clients with low income to apply to get their insulin provided at no charge on a monthly basis. Call for an application. Prescribing doctor should call to get appointment.



Diabetes Management Devices

Insurance Coverage

- Most private health insurance plans cover the cost of glucose meters.
- Medicare Part B covers 80% of the cost of meters and strips; typically supplemental insurance will cover the remaining 20%

Blood Glucose Meters with Large Display Screens

If you choose to use a non-talking meter, make sure to select one with a large display screen and good contrast. Evaluating the lighting in your home may make testing your blood glucose more efficient.

Talking Blood Glucose Monitoring Systems

The world of talking blood glucose meters is almost constantly changing. The information below is the most up to date as of the date of this printing. However, it may be best to contact CSBPS directly for specifics on available meters.

Prodigy Voice by Diagnostic Devices Inc. (800) 366-5901

- Totally audible, includes “repeat” function
- Specially designed for the visually impaired
- Easy to use tactile buttons
- Multiple test sites

- Requires only 0.6 microliters of blood
- Affordable
- Download capable

Prodigy AutoCode by Diagnostic Devices Inc. (800) 366-5901

- Uses only 0.6 microliters of blood
- Get results in 6 seconds
- Alternate site testing
- Inexpensive
- Available in English and Spanish
- The Autocode meter codes the meter when strips are inserted

Advocate and Advocate Duo Blood Glucose Monitor (800) 990-9826

- Uses only 0.7 microliters of blood
- Get results in 7 seconds
- Alternate site testing
- Inexpensive
- Available in English and Spanish
- Will need sighted assistance to code the meter
- Download capable

Prodigy Autocode, Advocate and Advocate Duo have the following drawbacks:

- No ability to audibly repeat most recent test results
- No ability to audibly repeat test results in memory

Magnification Devices

Syringe magnifiers are best suited for the individual who is still able to read large print. They can be used for mixing insulin; they allow interchange of insulin bottles without removal of the syringe. The needle guide is designed so that the needle automatically penetrates the bottle. The insulin bottle snaps securely onto the magnifier and is held in place. Generally, insurance companies do not cover magnification devices.

Syringe Magni-Guide (Magnifier and Needle Guide) by Becton-Dickinson

- Magnification is 1.7 times larger
- Works with B-D 0.3, 0.5 and 1.0 cc syringes
- Available at SightConnection and www.sightconnection.com

Insulin Pens

Insulin pens are portable and discreet, and allow you to set an accurate dose with a simple turn of a dosage dial. This dial produces a click you can feel and hear. For this reason, most diabetics with impaired vision find insulin pens allow them to deliver their medication conveniently and with confidence. Insulin pens cannot be sold outside of pharmacies, so talk to your doctor if you are interested in pursuing this kind of insulin delivery.



CSBPS staff are able to do in-home visits to demonstrate talking meters and other devices useful to persons living with diabetes and visual impairment.

Additional Resources

Voice of the Diabetic

An invaluable source for diabetics with visual impairment, this quarterly newsletter from the National Federation of the Blind is available online, in LP, braille and 4 track tape. It is full of interesting info on diabetes research, devices (meters, etc), stories of inspiration from visually impaired diabetics and diabetes management tips. Visit nfb.org to learn more.

Community Services for the Blind and Partially Sighted

9709 Third Ave NE #100, Seattle, WA 98115-2027

(206) 525-5556 (v/tdd)

(800) 458-4888 (v/tdd)

(206) 525-0422 (fax)

Email: csbps@csbps.com

Website: www.csbps.com

Adaptive Aids Store: www.SightConnection.com

Agency hours: 8 AM – 5 PM, M-F

SightConnection Store hours: 9 AM - 5 PM, M-F

©2009 *Community Services for the Blind and Partially Sighted*
Reprint or copy only with permission from CSBPS.

Support for this publication provided by the Alfred and Tillie Shemanski Trust Fund