

# Lesson Plan: Taking Care of Your Eyes When You Have Diabetes



## 🔑 Handout and Key Points

**Handout to use:** [Taking Care of Your Eyes When You Have Diabetes](#)

This one-page education handout is designed to complement the conversation between the educator and participant. Download or order copies at no cost using the link above.

### Key Points to Discuss:

- How to protect your vision.
- A diabetic eye exam can detect problems early.
- Get an eye exam once a year.
- Manage blood sugar and blood pressure.
- What to do if you notice sudden changes in your vision.

## 🎯 Objectives and Goal Setting

### Objectives

By the end of this lesson, the participant will be able to:

1. Recognize the importance of having an eye exam at least once a year.
2. Explain why managing blood sugar and blood pressure is important.
3. State steps to take if sudden changes in vision occur.

### Goal Setting

Participant will identify ways to care for eyes and set a goal to get started.



# Taking Care of Your Eyes When You Have Diabetes



## Educator Resources

### IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care for Eye Care](#) websites.
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management Into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.
- [IHS-Joslin Vision Network Teleophthalmology Program](#)

### Looking for additional materials?

- [Promoting Eye Health](#)
- [National Eye Institute: Diabetic Retinopathy](#)
- [NIH: National Eye Institute: Get a Dilated Eye Exam](#)



## Participant Materials and Handouts

### IHS Division of Diabetes Treatment and Prevention Resources

Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.

- Taking Care of Your Eyes When You have Diabetes
- Diabetic Eye Disease
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team

