

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?

- [Diabetes and You: Healthy Eyes Matter!](#)
- [NIH: National Eye Institute: Resources for Health Educators](#)
- [NIH: 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

