

BUILDING COMMUNITY SUPPORT  
FOR DIABETES SELF MANAGEMENT

QUESTIONNAIRE – DIABETIC PATIENT FAMILY

Please check which family member(s) living in your home, have diabetes: Mother\_\_\_\_  
Father\_\_\_\_ Grandparent\_\_\_\_ Aunt/Uncle \_\_\_\_ Other\_\_\_\_

Who cooks meals in your home?\_\_\_\_\_

Does the family member with diabetes eat differently than the rest of the family? Yes/No

Has the family member's diabetes affected the rest of the family? Yes/No

If yes, how has their diabetes affected the family?

Types of food eaten - at home\_\_\_\_\_

- in social situations\_\_\_\_\_

Financially – for medications/ blood sugar strips, other\_\_\_\_\_

From missed work due to diabetes-related complications\_\_\_\_\_

Socially – any changes made since family member was diagnosed with diabetes?  
\_\_\_\_\_

Emotionally – dealing with the “day to day” management of diabetes?\_\_\_\_\_

- dealing with complications of diabetes\_\_\_\_\_

Mentally – understanding the disease, and how to manage it best\_\_\_\_\_

Do you understand that diabetes is a serious illness? Yes/No

Are you willing to do whatever is necessary to help your family member to better manage  
their diabetes? Yes/No

Are you currently helping your family member with their diabetes self-management?

If so, what are you doing?\_\_\_\_\_

Is there anything else you know of, that you could do to help?\_\_\_\_\_

What would you say, is the biggest problem in managing your family member's diabetes?  
\_\_\_\_\_

What would help you to better manage their diabetes?\_\_\_\_\_

Please check all that you would be willing to do, to help your family member:

\_\_\_\_ Attend a diabetic class to learn more about diabetes

\_\_\_\_ Exercise with my family member

\_\_\_\_ Change the foods we eat, or how they're prepared, if necessary

\_\_\_\_ Talk with my family member about their diabetes

\_\_\_\_ Other things I would be willing to do?\_\_\_\_\_

\_\_\_\_\_