Organizing your environment can make diabetes less stressful and more manageable. Here are some things you can do to get more organized at home.

Store all of your supplies in one location. Running around the house looking for your meter when you are low isn't any fun, and can cause unnecessary stress. It will be much easier for you and other members of your family if everything you need is always in the same place.

Make sure that the location you choose to store your supplies is easily accessible. If you or a family member has to pull out the step stool to reach the test strips every morning, it will become a burdensome task. Instead, choose a location of the house, like an open shelf in the kitchen, that is easily accessible.

Prepare a supply checklist. Keep a checklist of all the supplies needed in your supply bag so you can easily see what may be missing before you leave the house.

Store similar supplies in plastic bags and label, label, label. When you pull something off the shelf in the kitchen, you will save a lot of time if you know what's in it and when it expires. Labeling your supplies will help you find specific items easily, and you can put them back where they belong for next time. And if you include expiration dates, you'll know when supplies need to be used or replaced.

Diabetes management can take up a lot of your focus. So, anything that you can do to lighten your load is going to help. Organizing your environment will save you time and energy in the long run.

Updated 5/30/20

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Diabetes Burnout

Setting Reminders

Prioritizing and Planning

Sources

How to Organize All Your Diabetes Supplies – Diabetes Daily

4 Tips for Organizing Diabetes Supplies – Medtronic

Recommended

Diabetes Burnout

Setting Reminders

Prioritizing and Planning

Sources

How to Organize All Your Diabetes Supplies – Diabetes Daily

4 Tips for Organizing Diabetes Supplies – Medtronic