

Type 2 Insulin Problems – well being & taking tablets

Examples of Changes you may find appropriate:

Tell the client that people with Type 2 diabetes can be depressed and find it hard to make good choices about their food and be motivated to exercise and be active. A client also has to decide whether they will take medication for their insulin resistance

- Decide if they want to find out if they have depression.
- If they find out they have depression whether to have anti-depressant medication, Change the way they think about things (**CBT** - cognitive behaviour therapy), or a mixture of both.
- Decide if they want to start diabetes tablets like metformin.

Examples of Goals the client may find appropriate:

- Make an appointment with a doctor to see if I am depressed.
- Find out about anti-depression medication and **CBT**.
- Decide if I want a mental health plan for my depression. (You will need a mental health plan if you decide to have **CBT**)
- Talk to my friends and family. I can take a trusted friend or family member with me when you see the doctor.
- Treat my depression and improve my well being so I have a better chance of controlling my diabetes.
- Decide if I want to start diabetes tablets and check with my doctor the medicine will be safe.
- I will take the tablets exactly how the doctor says I should.

Name:	Date:
Patient's Plan – Goals or tasks	Achievement

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