

Grandparent Discussion: Common Fears

Jessica C. Kichler, CDCES, PhD, CPsych
Associate Professor, Clinical and Health Psychologist
Certified Diabetes Care and Education Specialist (US)
Department of Psychology, University of Windsor

Janet Rodriguez, BSN RN CDCES
Certified Diabetes Care and Education Specialist
Diabetes Technology Specialist, USF Diabetes and Endocrinology Center
University of South Florida

Henry Rodriguez, MD
Professor of Pediatrics, Pediatric Endocrinologist, Morsani College of Medicine
Clinical Director, USF Diabetes and Endocrinology Center
University of South Florida



Objectives

1. Discuss the research findings on grandparents who support grandchildren with T1D.
2. Provide an opportunity to identify and share your common fears about having a grandchild with T1D.
3. Learn strategies to improve your ability cope with these common fears so you can support your grandchild with T1D.



Research: Grandparents of Children with T1D

Functional Support

- Glucose monitoring
- Administering insulin injections
- Giving glucagon, when needed
- Often taught these skills by the family, and not the medical team

Emotional Support

- Supporting their own child who is now parenting a child with T1D
- However, fear of hypoglycemia (low blood glucose) can sometimes get in the way

The more the medical regimen was **formally taught by the diabetes team directly to the grandparent, there was an improvement in both functional and emotional support by **building confidence**.**



Snowball Activity

The purpose of this activity is to generate common fears experienced by all of you about having a grandchild with T1D.

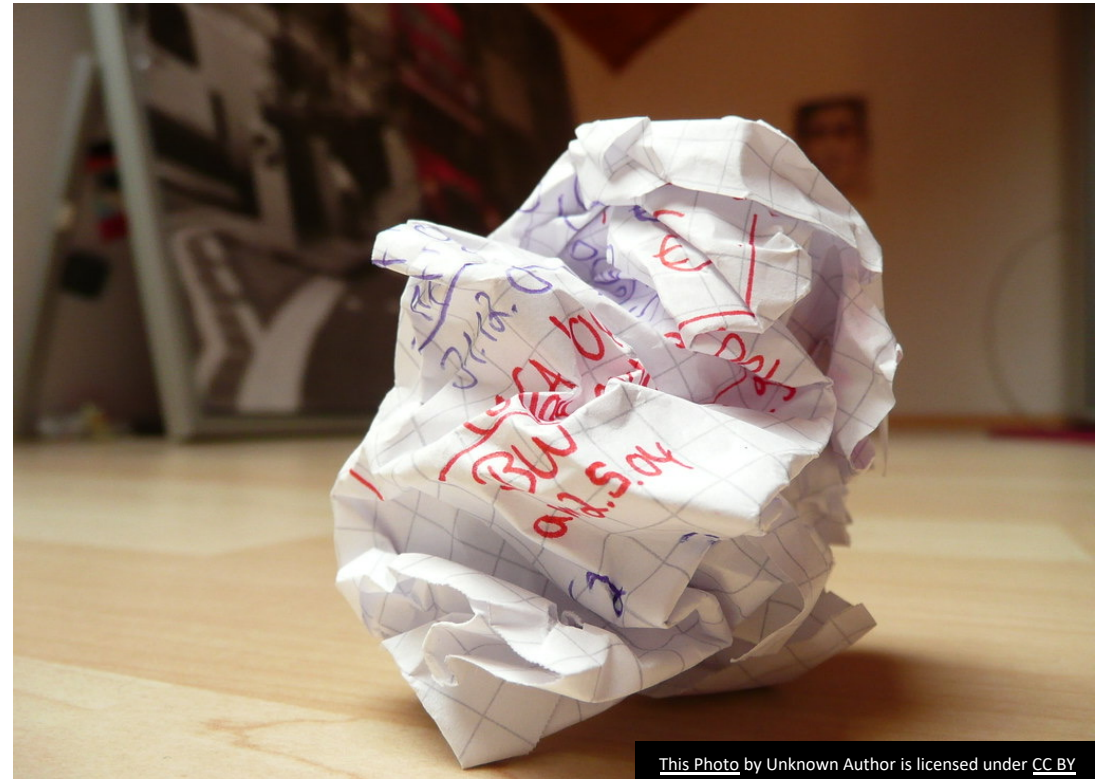
1. Identify these common fears
2. See whether others in this room also share these common fears
3. Discuss ways to cope with these common fears to improve your ability to provide:
 - Functional Support
 - Emotional Support



Snowball Activity (Step #1): Identification of Common Fears

Instructions

- Take a piece of paper and pen
- Write one (1) of the fears you most commonly experience about having a grandchild with T1D
- Do not put your name on it
- Crumple it up in a ball
- Throw it in the middle of your table, like a snowball
- I will come collect them



This Photo by Unknown Author is licensed under [CC BY](#)



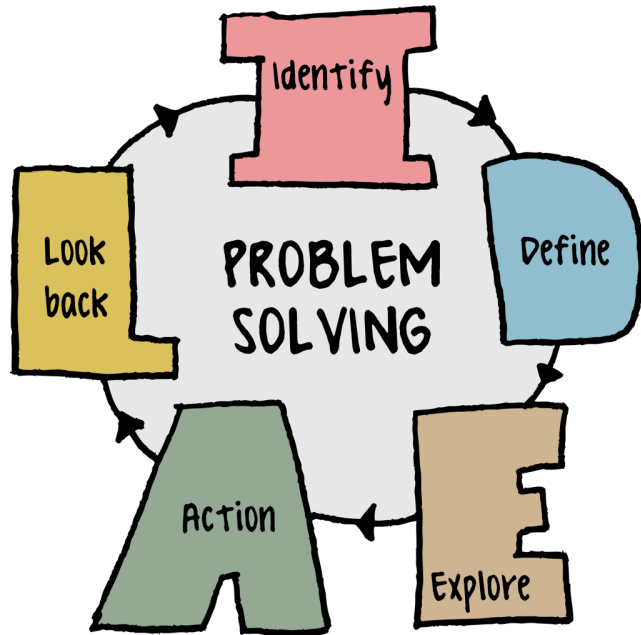
This Photo by Unknown Author is licensed under [CC BY-ND](#)

Snowball Activity (Step #2): Sharing of Common Fears

Snowball Activity (Step #3): Discussing Strategies to Cope with Common Fears

Functional Coping Strategies

Problem-solving skills:



Emotional Coping Strategies

Dealing with the stress:



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



University of Windsor



Additional Questions??

Thank you!!

Our contact information is:

jkichler@uwindor.ca

janetrodriguez@usf.edu

hrodrig1@usf.edu