

# Program aids quality of life for older adults with T2DM

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(HealthDay)—A community-based program improves quality of life and

self-management in older adults with type 2 diabetes mellitus (T2DM) and comorbidities, according to a study published online Nov. 27 in the *Journal of the American Geriatrics Society*.

Maureen Markle-Reid, R.N., Ph.D., from McMaster University in Hamilton, Canada, and colleagues compared the effect of a six-month self-management [intervention](#) (including in-home visits and care coordination) among 159 community-dwelling older adults (≥65) with T2DM and an average of eight comorbidities.

The researchers found that a group difference favored the intervention for multiple outcome measurements, including the Mental Component Summary (P = 0.03), Summary of Diabetes Self-Care Activities (P = 0.01), and Center for Epidemiologic Studies Depression Scale (P = 0.03). However, there were no group differences seen in the Physical Component Summary score, anxiety, self-efficacy, or total health care costs.

"Participation in a 6-month community-based intervention improved quality of life and self-management and reduced depressive symptoms in [older adults](#) with T2DM and comorbidity without increasing total [health care costs](#)," the authors write.

**More information:** [Abstract](#)  
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