



The Thread of Care

A day in the life of a caregiver

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What does caregiving look like in small, everyday moments

From the moment we wake up, and even when we're asleep, diabetes is always there with us. Now it is very different from when Lisa was little and I had to do everything for her. At that time, the first thing I had to do was check her blood glucose, then prepare her breakfast and calculate the carbohydrates for every meal of the day. Every part of the day needed attention.

Back then I felt like I had to be her pancreas. I was always thinking ahead, about food, insulin, school, activity. Trying to keep everything balanced so she could be safe and healthy. These were small everyday moments, but they carried a lot of responsibility.

While Lisa now manages diabetes independently, it took years of guidance and support to help her get to that point.





When Lisa was diagnosed, it was a very difficult time for our family. My son was only six months old and I was on maternity leave. My husband took great care of Lisa's health and was constantly by her side, making sure she received the treatment and care she needed. However, to be completely sure and to provide maximum care for her and our family, I decided to stay at home and dedicate myself fully to this situation.



At that time, we did not have glucose sensors or insulin pumps like we do today. Everything had to be checked manually. During the day we managed her diabetes, while at night I set alarms every two or three hours to wake up and check her blood sugar.

Many nights passed without sleep, but it was necessary to make sure she was safe.

No mother is ever fully prepared for something like this, but with time you learn. With love and with fear at the same time. In the end, you do everything you can to keep your child safe.

I would like the public to understand that families living with chronic diseases carry a responsibility that often goes unseen. It's not just the person with diabetes who faces challenges. The entire family adapts, plans, and worries every day. There are sleepless nights, constant monitoring, and emotional stress that come with wanting to keep your child safe and healthy. It takes patience, resilience, and teamwork. Sometimes it can feel isolating because others don't always see the effort. What families need most is understanding, support, and compassion from those around them.



What people often don't see is how serious this condition really is. As a mother, you suddenly must take on the role of an organ that no longer works in your child's body. In many ways I had to become Lisa's pancreas. Knowing that your child's life depends on the decisions you make every day is very frightening.

Mothers can feel very overwhelmed by this responsibility. Sometimes people judge mothers and think they are not taking good care of their child, but they don't see the constant pressure behind the scenes. We are doing our best every single day.

Very often mothers stop taking care of themselves because all their energy goes to their child. It is a responsibility that never stops, it is there 24 hours a day. Even now that Lisa has grown up, I still worry about her constantly.