**What is the Diabetes Self – Management Program?**



* National evidence-based program developed by Stanford University.
* Two and a half hour workshop held once a week for six weeks.
* Program is intended for:
	+ Those providing care for an individual with diabetes
	+ Patient diagnosed as pre-diabetic or
	+ Patient diagnosed with Type II diabetes.
* Facilitated from a **highly-detailed manual** by **two trained and certified leaders**.

**The goal of Diabetes Self-Management Program is to increase workshop participant’s knowledge and understanding of diabetes and put into practice skills learned to better manage their diabetes.**

 **Topics covered:**

Week 1)

* Identify and recognize problems caused by diabetes and basic information about diabetes
* How to manage blood sugars
* Development of weekly action plan as a key to self-management.

Week 2)

* Problem–solving techniques
* Formula for healthy eating and practice in menu planning
* Causes and treatment of low blood sugars

Week 3)

* Guidelines for preventing diabetes complications
* Benefits and choosing appropriate exercise for fitness and safety
* Effects of stress and positive ways to deal with stress

Week 4)

* Management of emotional concerns such as anger, fear and frustration
* Nutrition label reading

Week 5)

* Ways to deal with depression
* Introduction and practice of positive thinking and improved communication
* Measures to follow a medication regime and how to lessen medication side effects

Week 6)

* How to manage sick days, proper skin and foot care
* Skills for communicating with health professionals
* Integration of skills learned during workshop into plans for the future

**Does the Program replace existing programs and treatment?**

”Diabetes Self-Management” participants individualize their management of diabetes by identifying their own emotional, environmental, physical risks and concerns then learning/developing the tools to address those issues. This program builds on any individualized diabetic education class a person may have attended. Basic SELF- management skills are emphasized throughout the program which builds the participant’s self- confidence and accountability therefore it does not replace the need for medical management.

**Workshop Specifics** Cost is nominal and based on ability to pay, cost ranges from zero to $25.00 per participant. Inability to pay for the program will not currently exclude a person from attending.

**How to make a referral-** Providers of this program vary from county to county as well as programs offered. Contact Kara LaMarre at NEMCSA 989-358-4616.