

Interested in Becoming a Take Charge of Your Health/Diabetes Program Facilitator?



Take Charge Programs are small group, interactive workshops designed for people with ongoing health conditions and their caregivers. Workshops empower participants with skills and tools to make meaningful and lasting changes to their health so they can lead active and fulfilling lives. Workshops are offered in person and virtually. Take Charge workshop facilitators often comment on the joy that it brings them to see participants realize that they can manage their own ongoing health conditions.

Workshops are led by two trained facilitators, one or both of whom have an ongoing health condition. It is not required to have a background in health care to become a facilitator, as it has been shown that peers with ongoing health conditions can facilitate the program as effectively, if not more effectively, than health professionals.

All facilitators must:

- Complete four full days of training.
- Complete one workshop within six months of finishing the training.
- Have an agreement with a licensed organization they will work under while conducting workshops.

For more information on how to become a facilitator, email ilpthreferrals@ageoptions.org.