

## Take Charge of Your Diabetes Workshops

### Program Description

Take Charge of Your Diabetes is an evidence-based program for people with diabetes or pre-diabetes and their caregivers. The program is recognized by the American Diabetes Association as meeting the Diabetes Support Initiative criteria for support programming. Take Charge of Your Diabetes has been proven to help older adults better manage their condition, improve their quality of life and lower health care costs.

### Workshop details

Take Charge of Your Diabetes is offered as a small group, interactive workshop that meets weekly for 2.5 hours for six weeks in community and clinical settings OR meets virtually (**technical assistance is provided**). The workshop is also available in Spanish.

### Topics covered include:

- Nutrition, healthy eating and menu planning
- Physical activity and exercise
- Medication management, monitoring and foot care
- Strategies to cope with stress and depression
- Working more effectively with health care providers
- Problem solving, decision making, goal setting and more



### Targeted audience and recommended class size:

- Older adults with pre-diabetes or diabetes and their caregivers
- In person: 10 – 15 participants
- Virtual: 8 – 12 participants

### Health outcomes

- Improved communication with doctors and increased medication compliance
- 3% decrease in hospitalizations
- 5% decrease in emergency room visits
- \$714 savings in emergency room visits and hospital utilization

### **How to Discuss With Patients**

Discuss the program with optimism, empathy, and excitement. Patients with diabetes identify with the challenge of carrying out the work of healthcare, changing behaviors, and managing symptoms. Your patients will appreciate that you understand this struggle. They will be excited to learn that this program can help them. When discussing the program, it helps to emphasize that many patients like them find great value in the group classes and experience improvement. Use this opportunity to tailor your treatment plan and encourage your patient in his/her efforts.

Call the number below or email for more information.