



Diabetes Self-Management Program

A Stanford Self-Management Course developed by Dr. Kate Lorig

The Division of Public Health's goal is to decrease the state's emotional, physical, and financial burden from diabetes by preventing the disease and reducing its complications. Providers interested in holding Diabetes Self-Management Program classes are invited to register below.

ABOUT THE PROGRAM

- It teaches the skills needed in the day-to-day management of diabetes and to maintain and/or increase life's activities.
- The program is designed to help gain self-confidence with the ability to control symptoms and learn how health problems affect one's life.
- The workshops are highly interactive, focusing on building skills, sharing experiences and support.
- The small-group workshops are 6 weeks long, meeting once a week for about 2.5 hours and are led by two Lay Leaders.
- The program will help teach how to identify and solve problems.
- The program is brought "free" to you by the Delaware Division of Public Health.

WE ARE LOOKING FOR COMMUNITY PEOPLE WHO

- Have type 2 diabetes
- Are committed to attend 6 – 2.5 hour workshops
- Are interested in helping improve quality of life while living with type 2 diabetes
- Want to learn how to take control and self manage diabetes

CLASS OBJECTIVES

- Prevent and delay complications.
- Understand the importance of communication.
- Improve A1c (quarterly blood sugar reading).
- Understand the importance of an action plan.

**QUESTIONS? PLEASE CALL TENE' AT
302-894-6818**

It's Time to Take Control of Diabetes

SUBJECTS COVERED

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their diabetes self-management program.

PROVIDERS - REGISTER NOW TO HOLD CLASSES AT YOUR OFFICE

PROVIDER NAME

ADDRESS

CITY

STATE

ZIP CODE

PHONE

CONTACT NAME

EMAIL

**The Diabetes Self-Management Program is a joint effort of
Delaware Physicians Care and the Delaware Division of Public Health.**