

DIABETES SELF-MANAGEMENT EDUCATION

1-2hr hours per week for 4 weeks

*This is a **FREE** course for you and/or your carer, whanau/family member or support person*

Te Whare Oranga o Parakai – entrance via Te Moau Avenue. 10:30am

Tuesday June 13 – July 4

Tuesday August 1 – August 22

Tuesday September 12 – October 3

Tuesday October 24 – November 14

Module 1
Living with the diagnosis of Diabetes

Introductions/Ice breaker
Feelings about Living with the diagnosis of diabetes
What is type 2 diabetes?
Myths and facts
Action planning and goal setting for healthy living

Module 2
Healthy Lifestyles

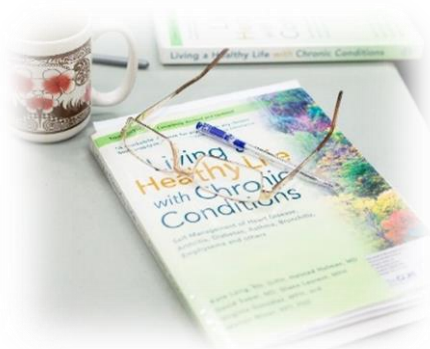
Healthy Eating
Physical Activity

Module 3
Monitoring and medications

Taking charge of your diabetes
Blood glucose monitoring
What do the numbers mean?
Medications
Hypoglycemia
Hyperglycemia

Module 4
Management and preventing damage

Preventing the damage of diabetes
Foot Care
Sick day management
Diabetes is serious but it doesn't have to be grim
(healthy coping and problem solving- session may be facilitated by a health psychologist)



Feel better, regain control, and become more independent