

Living Well with Diabetes Program

Living Well with Diabetes (the Diabetes Self-Management Program) workshops are offered once a week for six weeks, in community settings such as churches, community centers, libraries and hospitals.

Who should attend?

People with type 2 diabetes or who are pre-diabetic attend the workshop in groups of 10-16. Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves.

What does it cost to attend?

It is free of charge for participants and each participant receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions, 4th Edition*, and an audio relaxation tape. Concerned family and friends may also attend. Registration is required.

Who leads the workshops? The workshops are led by two leaders who have received special training. The leaders are volunteers, many living with diabetes themselves.

What happens in a workshop?

Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Participants make weekly action plans, share experiences, and help each other solve the problems they encounter in creating and carrying out their self-management program.

Subjects covered include:

- 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; and
- working more effectively with health care providers

Does the Program replace existing programs and treatments?

The program does not conflict with existing programs or treatment. Treatment is not altered. For medical questions, participants are referred to their physicians or diabetes educators. If the content of the workshop conflicts with instructions they receive elsewhere, they are advised to follow their physicians' orders and discuss discrepancies with the physician.

How was the program developed?

The Stanford Patient Education Research Center conducted research to test the workshop's effectiveness in 2008. Six months after the workshop, participants had significant improvements in depression, symptoms of hypoglycemia, communication with physicians, healthy eating, and reading food labels. They also had significant improvements in patient activation and self-efficacy. At 12 months, DSMP participants continued to demonstrate improvements in depression, communication with physicians, healthy eating, patient activation, and self-efficacy. There were no significant changes in utilization or A1C (A1C values were already in the desirable range at the beginning of the study for most participants.)

The Stanford Patient Education Research Center moved in 2018! Since 2018 the Self-Management Resource Center (SMRC) remains dedicated to helping improve health status and self-management skills.

Who do I contact about a Living Well Workshop?

Senior Services & Community Transit holds the license for three Living Well Programs in Cecil County: Living Well with Chronic Conditions, Living Well with Diabetes, and Living Well with Chronic Pain and partners with the Cecil County Health Department to provide workshops throughout the County.

Interested individuals should call Lily Hilferty (CCHD) at 410.996.5168 or Holly Loss (DCS) at 410.996.8170 to register for a free workshop. Healthcare providers wishing to refer individuals to a workshop may also call Lily Hilferty at 410.996.5168 or Holly Loss at 410.996.8170.

Or visit these websites:

Cecil County Department of Community Services:

<http://www.ccgov.org/government/community-services>

Cecil County Health Department: <http://www.cecilcountyhealth.org/ccdhxx/livingwell.htm>

Self-Management Resource Center: <https://www.selfmanagementresource.com/>



Living Well with Diabetes is provided through a partnership between the Department of Community Services and the Cecil County Health Department.