

*Center for **R**ehabilitation, **E**ducation, **A**dvocacy, **T**reatment and **E**mployment
Personalized Recovery Oriented Services*

LESSON PLAN

Component: CRS

Service: Wellness Self Management

Class: Diabetes Education and Support

Goal: to create a supportive and educational forum for students with Diabetes to explore their feelings, challenges, stresses and triumphs in managing this chronic illness.

Objective: to learn information about managing Diabetes in order to improve Diabetes management, increase self-confidence, satisfaction and learn how to overcome the many barriers to effective Diabetes Management.

Topics: The Personal side of Diabetes
Diabetes "Burnout"
Diabetes Self Care
 Glucose monitoring
 Carbohydrates and blood sugar
 How to read labels
 Meal plans
 Portion size
 Healthy snacking
 Regular physical activity
Feelings and Attitudes
Worrying about long term Complications
Depression and Diabetes
Friends, Family and Health Care Providers
Life Stresses and Diabetes Stresses

This group is structured around starting each class by checking in with each participant about their current feelings regarding managing their Diabetes by sharing personal successes, challenges, difficulties or disappointments they have encountered recently. When students are ready; reading material on a topic is introduced. Discussion is encouraged and often a worksheet is provided so students can express themselves in writing, respond to questions to increase self-understanding or perhaps set a goal for themselves for the next week that is individualized for their own situation. Topics are usually presented in “units” that span several weeks. Students are encouraged to participate in selection of upcoming topics. The curriculum can be flexible and respond to student’s current interests and needs. Thus, the topics are not necessarily covered in a specific sequence. This class is not meant to take the place of more formal Diabetes education offered in our community. Students are strongly encouraged to periodically sign up for the more extensive Diabetes educational program provided in our community as they themselves have said “each time I take it, I learn something new”. They also recognize that they are changing over time and their emotions and attitudes about Diabetes at a given time determines some of what they take away from their diabetes education.

Resources:

Diabetes Burnout: What to Do When You Can’t take It Any More, William Polonsky, PhD. CDE

Dealing with Diabetes Burnout: How to Recharge and Get Back on Track When You Feel Frustrated and Overwhelmed Living with Diabetes, by Ginger Viera

What Do I Eat Now? Tami Ross, RDN, CDE, MLD and Patti Geil, MS, RDN., CDE, MLDE, FAND, FADE

Diabetes: a Plan for Healthy Living, Harvard Health Publications. In collaboration with David M. Nathan, Professor of Medicine, Harvard Medical School and Director, Diabetes Center.

American Diabetes Association: on-line articles and educational handouts

*Most classes are centered around an excerpt copied from one of these resources. The readings are utilized for both providing information and to generate discussion.

Updated 9/2/2016