

Diabetes Self-Management Education for Seniors



Central Plains Area Agency on Aging

Take Charge of Your Health: Diabetes Education for Seniors

Why should you refer your patient to CPAAA's DSME Program?

- Recognized and Medicare Certified DSME program
- Classes are designed for the *older adult population*
- Classes are conveniently located in the community
- The Certified Diabetes Educator (CDE) is easily accessed for consultation at weekly exercise classes offered by CPAAA
- Patients will be better able to manage their disease

Why is the “Take Charge of Your Health” Program needed?

Diabetes Self-Management Education (DSME) is essential to managing diabetes. CPAAA will educate patients on the seven Self-Care Behaviors for Treatment (listed on back) geared toward the senior population.

For more information on this DSME program, contact:

CPAAA at (316) 660-7298
or DSME@cpaaa.org

What are the benefits to patients and healthcare professionals?

- Convenient locations in their community
 - Classes are designed for older learners
 - CPAAA offers established exercise classes at most DSME class sites where CDE is instructor
 - Research shows participants of DSME utilize better self-management skills
 - The CDE is an experienced diabetes educator
 - Evidence based program following the American Association of Diabetes Educators guidelines
 - DSME participants are more likely to use primary care and prevention services
 - Annual Medicare approved follow-up courses will be available based on individualized needs
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What makes our program unique?

- CDE has more than 15 years experience
- CPAAA has extensive experience serving older adults, individuals with chronic disease, persons with disabilities, low income, minorities and rural populations
- We teach our participants to help themselves
- CPAAA will track and monitor patients' progress following the class
- Concentrate on the seven self-care behaviors that are essential for improved health status and greater quality of life for people with diabetes:
 - **Healthy Eating**
 - **Being Active**
 - **Monitoring Blood Sugar**
 - **Taking Medication**
 - **Problem Solving**
 - **Healthy Coping**
 - **Reducing Risk**

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Fax Referrals to (316) 660-1936