

Take Charge of Your Health

Diabetes Education for Seniors



Central Plains Area Agency on Aging

What is the “Take Charge of Your Health” Program?

This program will help you manage and control your diabetes to reduce risk for complications.

What will you learn?

Diabetes Self-Management Education (DSME) is essential to managing diabetes. CPAAA will educate you on:

- **Healthy Eating**
- **Being Active**
- **Taking Medication**
- **Monitoring Blood Sugar**
- **Problem Solving**
- **Healthy Coping**
- **Reducing Risk**

Why should you choose this program?

- Classes are located near you
- Classes are held in senior and community centers
- Classes meet for 6 weeks, 1.5 hour sessions
- Class is designed for senior adults
- CPAAA offers exercise classes to help you achieve your health goals and provide regular contact with program educator

What does the program cost you?

With a referral from your healthcare professional, Medicare covers 80%. There is a 20% co-pay. Private pay options are available.

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

www.cpaaa.org

What are the additional benefits for you?

- DSME classes held in your community
- CPAAA can provide a variety of resources and options for seniors
- Access to affordable exercise classes provided by CPAAA at the same location as the diabetes classes
- The Certified Diabetes Educator (CDE) is experienced in Type 1 and Type 2 diabetes instruction / education
- CDE is easily accessible for consultation
- You will learn self-management skills
- CPAAA's program will educate you on managing and controlling your diabetes
- CPAAA will offer Medicare approved annual follow-up sessions to meet your educational needs

Who are we?

Central Plains Area Agency on Aging has been serving seniors and caregivers in Butler, Harvey and Sedgwick counties for over 30 years.

- **Options Counseling**
- **Caregiver Support**
- **In-home and Community Service**
- **Health and Wellness Programs**
- **Volunteer Opportunities**

*To learn more about the services
CPAAA provides, call or visit*

855-200-2372 – www.cpaaa.org



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