

Diabetes Care and Management Resources

Document, Page Numbers	Topics	Source and Website
Prevent, Understand, and Live with Diabetes: A Guide for Individuals with DD (29)	Preventing Diabetes, Testing, Understanding Signs and Symptoms, Living with Diabetes. Lots of one page handouts with visuals	The Arc of New Jersey file:///C:/Users/Karen/Downloads/Diabetes%20Booklet%20English%20&%20Spanish.FINAL.2012.pdf http://www.thearcfamilyinstitute.org/resources/helpful-guides.html
What I Should Know About Diabetes (2)	What is diabetes What can I do Staying healthy with diabetes,	University of South Florida, Center for Inclusive Communities Education for Life Long Health http://flfcic.fmhi.usf.edu/docs/FCIC_EFLH-2-Diabetes%20Fact%20sheet.pdf
Diabetes Care: the ABCs to Better Health (1)	Handout to track care measures A-J, personal results and health targets Good visuals	University of Michigan Diabetes Quality Improvement Committee http://www.med.umich.edu/1libr/aha/umabc.pdf not DD specific
Diabetes Health Promotion Activities Plan (1)	Information that can be part of an individual plan of care: signs and symptoms, monitoring, medications, desired outcomes	Philadelphia Coordinated Health Care https://www.pchc.org/resources/hpaps
Learning About Diabetes (1)	Easy-to-understand diabetes-care information in English and Spanish, using art and design (some cartoon figures) Variety of topics: about diabetes, physical activity, blood sugar, medicine	Learning About Diabetes www.learningaboutdiabetes.org/ not DD specific
Pre-Diabetes: could it be you? (2) Snapshot of Diabetes in the US (2)	Infographic: number of people, health risks, things to do Infographic: number of people, cost, types of diabetes and risk factors, things to do,	CDC https://www.cdc.gov/diabetes/pubs/statsreport14/prediabetes-infographic.pdf https://www.cdc.gov/diabetes/pubs/statsreport14/diabetes-infographic.pdf not DD specific

Diabetes Prevention Program	Lifestyle change program promoting eating healthier, adding physical activity into their daily routine, and improving coping skills. Offered on a local level by trained educators	https://www.cdc.gov/diabetes/prevention/about/index.html To find local programs: https://nccd.cdc.gov/DDT_DPRP/CitiesList.aspx?STATE=NC AND http://www.ymca.net/diabetes-prevention/ not DD specific
Living Healthy with Diabetes	6 week group program: manage fatigue and depression; eat healthy; monitor your blood sugars; learn how to use relaxation techniques; improve communication skills with family, friends, and healthcare providers; solve problems and set goals	Sanford University http://patienteducation.stanford.edu/programs/diabeteseng.html
Improving Metabolic Screening for Patients on Antipsychotic Therapy	Monitoring Protocol for Patients on Second-Generation Antipsychotics, interview with 3 physicians	MedScap http://www.medscape.org/viewarticle/751957
What is Metabolic Screening	What is metabolic syndrome, how is it diagnosed, how is it treated,	American Heart Association https://www.heart.org/HEARTORG/Conditions/More/MetabolicSyndrome/Metabolic-Syndrome_UCM_002080_SubHomePage.jsp