

## So you have Diabetes... Now What?

*Has your health care provider told you that you have diabetes?*

*Did your health care provider give you a list of things that you need to do so that you can stay healthy while having diabetes?*



This can be overwhelming and leave you feeling like you don't know where to start. The best place to start is at the beginning! Review the list and ask yourself which one of the items on that list means the most to you.

You might choose the one that is easiest to do.

You might choose the one that you think will make the most difference.

Either way, it's **YOUR** choice.....

Here are some of the things you might be asked to change when you have diabetes. See if you can choose 1 or 2 goals that you might consider.

 <p>I will keep all of my appointments</p>	 <p>I will keep a list of my medications</p>	 <p>I will work towards a healthy weight</p>	 <p>I will stay in regular contact with my Diabetes Team</p>
 <p>I will take my medications</p>	 <p>I will check my blood sugar</p>	 <p>I will make healthier eating choices</p>	 <p>I check my feet every day for any changes or signs of injury</p>
 <p>I will cut back on smoking</p>	 <p>I will cut back on drinking alcohol</p>	 <p>I will exercise 3 days each week for 30 minutes</p>	 <p>I will reduce my stress by taking time to relax.</p>

(Google Images, 2015)

Choosing something you want to change is a great start! Now it's time to figure out how to make that change.

By using an Action Plan like the one on the next page, with help from your diabetes team (Nurse, Diabetes Educator, Dietician, Doctor, etc.), you can decide strategies that work for you and set realistic goals to help you make the change that you chose.

## Personal Action Plan

Today's Date: Monday September 8th Name: Jane Doe

### 1. Goals: Something you WANT to do:

Begin exercising

### 2. Describe your action plan:

How? walking

Where? Around the block

What? 2 times

When? After dinner

How often? 3 days a week

### 3. Barriers (what is standing in the way of meeting your goals?):

1. Have to clean up the supper dishes

2. Bad weather

### 4. How can you overcome barriers?

1. Ask kids and husband to help clean up dishes on those evenings.

2. Buy some rain gear

5. Importance of achieving goal: 0 1 2 3 4 5 6 7 8  9 10

6. Confidence in achieving goal: 0 1 2 3 4 5 6  7 8 9 10

### 7. Follow-Up (Date that I will reassess my goal and progress?):

Will report progress with diabetes educator in one week (Sept 15<sup>th</sup>) at next appointment.