

Thank Heaven For Diabetes Educators! 🎵

THANK HEAVEN for Diabetes Educators!
You keep a close eye
To make sure we're fine and not blue
Without you what would people living with diabetes do
Thank heaven for everyone of you!!!

#AADE19

Patients Know Who Supports Them
... YOU Do!

We'll have FUN with 3 learning objectives:

- 1. Importance of YOUR ROLE in diabetes care
- 2. Ways to improve ATTITUDES in diabetes care
- 3. Influencing CHANGES in behavior to maximize results

#AADE19



Are Diabetes Educators ANGELS?

YES and you are REALLY _____ !!

#AADE19

Objective #1 YOUR Super Powers

Able to _____!

You believe we _____ !!

Able to be _____ but don't get _____ in any upset.

Know the diagnosis is _____, now you can feel better!

Make the complicated _____.

Always looking to _____, so you are _____!

#AADE19

Objective #1 - YOUR Super Powers

Able to **LEAP TALL BUILDINGS IN A SINGLE BOUND!**

You believe we **CAN DO IT !!**

Able to be **EMPATHETIC** but don't get **ENROLLED** in any upset.

Know the diagnosis is **THE GOOD NEWS**, now you can feel better!

Make the complicated **SIMPLE**.

Always looking to **ACKNOWLEDGE**, so you are **ENCOURAGING!**

#AADE19

What Do You Get With A Diabetes Educator?



What do you get with a Diabetes Educator?
You get **problems solved**, *YOU SAVE THE DAY!*

You **EDUCATE** us back to health
in a **loving** and **ENCOURAGING** way

#AADE19

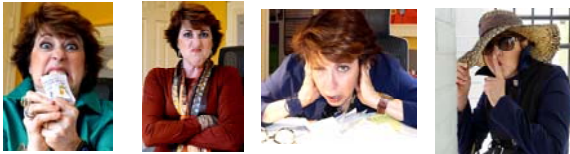
What Do You Get With A Diabetes Educator?



**You believe we CAN
when we're sure we can't
You show us WHY
Giving us the faith to TRY
We're clear with your COMPASSION
We owe our lives to YOU!**

#AADE19

Objective #2 Improving Attitudes



How do patients feel BEFORE they see you?

_____, _____, _____, _____, _____, _____ ...

#AADE19



Let's Start With YOU!

#AADE19

Who would YOU rather talk to?



#AADE19

You CAN Smile!



Smiling Works!

YOU feel better & people smile back!
Smilers live longer, it's good for your health.

#AADE19

Case Study - Attitude Behavior Change

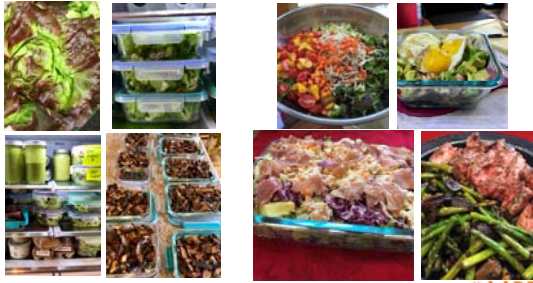


Busy Entrepreneur

- 60 + years fast food and heartburn
- Unsure how to proceed
- Asked for help & paid attention
- Bought products, tried veggie's
- Reported in, made adjustments
- Friends noticed, body responded
- Discovered healthy taste buds
- Proud and kept it up 5+ years now

#AADE19

People Come to YOU for Solutions



#AADE19

The Best Is Yet To Come



The best is yet to come
and you'll tell us why

We'll feel alert & sharp
when our sugar's not high

When we ignore & pretend it's not there
we can have all sorts of woes

#AADE19

The Best Is Yet To Come



But... working with our educator
brings our sugar level down
& then we can be back on our toes

We may think, "There's just no time!"
But it's not true. "You remind us"
when we take good care of us...

#AADE19

The Best Is Yet To Come



We feel brand new!!

The best is yet to come

And we'll really feel fine

"When we work with a Diabetes Educator..."

**The best is yet to come
come the day YOU shine**

& you know that you're DIVINE!

#AADE19

Do You Feel ACKNOWLEDGED?!!

Do you see the IMPORTANCE OF YOUR ROLE?

Of course you do! (Objective #1)

Starting to see more ways to **IMPROVE ATTITUDES?**

(Objective #2)

BUT

What about the TOUGHIES who...

#AADE19

Objective #3 Behavior Changes



... Want to IGNORE Diabetes

- You CAN keep going, even when you feel lousy
- Diabetes is like a carburetor
- Organs are like donuts

"But Mom, I can help!"

#AADE19

Makin' Co-Pays

Oy another doctor, another pill
Another prescription I need to fill

Another season, another reason
For makin' co-pays

"You know you're getting older when..."

#AADE19

Case Study - I'm Doing "Good Enough"



"My Diabetes is FINE" Mom -

- Worst day of child's life
- Can't do it for you, do it for loved ones
- Wake-up call to make changes
- Many solutions & help to find them
- Pump 19 years, never had another unconscious BG reaction again
- CGM 12 years, A1c dropped 2+ points
- 35 yrs with T1, no complications

#AADE19

I Scared My Child

I scared my child
I frightened myself
I've got ex-boyfriends who could tell such
embarrassing diabetes stories

But I kept on searching
cause I knew there had to be a better way
There HAD to be a better way!!

#AADE19

And Now I Feel So Calm And Safe



And now I feel so calm and safe
I won't fall to the ground

I've got a baseline,
that keeps me balanced
and gave me back my life

#AADE19

My 1st Diabetes Educator

I wanted training and also got *emotional support!*

- "Most women HIDE the pump..."
- What do most people ASK ME?
- CGM (Jewish Mother), LABS, ANSWER questions, etc
- Keep me calm & continuing to try



YOU believe we can *before we do!*

#AADE19

See Ways to IMPROVE ATTITUDES?!

See how **IMPORTANT YOU ARE**
(Objective #1)

See more ways to **IMPROVE ATTITUDES**
(Objective #2)

NOW
We get to **INFLUENCE BEHAVIOR CHANGE**
(Objective #3)

#AADE19



How To Keep Going

RESILIENCE is key

“Diabetes care day in and day out can make you crazy” try:

- Keep changing your approach
- Eating solutions
- Small steps to keep going
- Case study - CAN loose weight

#AADE19

Teach Ways to Stay in the Game

No number is a ___ number. ___ gives you answers.

_____ yourself and be an easy _____.

YOU'RE not _____, what you did didn't work, _____ your approach!

If stuck, take _____ steps.

Protect yourself, DON'T walk around _____.

Be prepared by _____ food _____.

_____ has life work, _____ it, doesn't.

#AADE19

Teach Ways to Stay in the Game

No number is a **BAD** number. **DATA** gives you answers.

ACKNOWLEDGE yourself and be an easy **GRADER**.

If stuck, take **SMALLER** steps.

YOU'RE not **WRONG**, what you did didn't work, **CHANGE** your approach!

Protect yourself, DON'T walk around **HUNGRY**.

Be prepared by **BRINGING** food **WITH YOU**.

PLANNING has life work, **WINGING** it, doesn't.

#AADE19

Ways to Stay in the Game - Educators

Remember, you're a _____ who _____!

Write a _____ or _____ prior to each visit/meeting.

_____, then they will too!

START with _____ to build on what's working!

You _____ people, so they feel better when they see you.

Role model and teach seeing _____, no matter how small.

Plan next goals with clear _____.

You ___ make a _____. Remember that, you'll BOTH feel it! #AADE19

Ways to Stay in the Game - Educators

Remember, you're a **SUPER HERO** who **SAVES THE DAY!**

Write a **GOAL** or **INTENTION** prior to each visit/meeting.

SMILE, then they will too!

START with **WINS** to build on what's working!

You **ACKNOWLEDGE** people, so they feel better when they see you.

Role model and teach seeing **VICTORIES**, no matter how small.

Plan next goals with clear **SMALL STEPS**.

You **DO** make a **DIFFERENCE!** Remember that, you'll BOTH feel it! #AADE19

'It's Not Impossible' Educator Theme Song

It's not impossible to make **DIABETES CHANGES**

It's not impossible to **MOVE & COUNT** exchanges

And if you take your MEDICATIONS everyday

It's NOT impossible

You can feel good now

FEEL GOOD NOW!!

#AADE19

Case Study - Keep Going to Loose Weight

I made my May goal!!!! I tried on the shirt today and it fit!!!



“Try AGAIN?! Can I really do it?!”

- They have YOU this time for support!
- CHANGE to what works:
 - Broke big goals into tiny steps
 - Quieted nasty voices (80/20 rule)
 - Stopped eating when full
- Tracked everyday: (Fitness pal)
- Exercised: 3/wk to 5-6/wk for 30 mins
 - Heard, “Just do 10 minutes”
- Achieved what SHE wanted!!
- Lost 25 lbs & over 13” in 4 months

#AADE19

Track It - Blood Sugar Log



Tracking systems — Motivation options

#AADE19

Kudos Blood Sugar Log



Motivational options - color, stickers, brief/inclusive, portable, mobile...

#AADE19

Do You Know...

The 3 learning objectives

- 1. Importance of YOUR ROLE in diabetes care
- 2. Ways to improve ATTITUDES in diabetes care
- 3. Influencing CHANGES in behavior to maximize results

#AADE19

Happy Days Are Here Again! 

All together, shout it now
There's no one who can doubt it now
So lets tell the world about Diabetes Educators
so happy days and happy nights

Happy days are here again!

#AADE19
