Standard 8

<table>
<thead>
<tr>
<th>National Standard</th>
<th>Essential Highlights</th>
<th>Interpretive Guidance</th>
<th>Checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standard 8: Ongoing Support</strong></td>
<td>The participant will be made aware of options and resources available for ongoing support of their initial education, and will select the option(s) that will best maintain their self-management needs.</td>
<td>Standard 8 focuses on the importance of ongoing support above and beyond the initial DSME services.</td>
<td>22. De-identified Chart must also include documentation of ongoing self-management support options specific to the community where the DSMES services are delivered, with participant preferences noted.</td>
</tr>
</tbody>
</table>

**Ongoing Support:**

The participant will be made aware of options and resources available for ongoing support of their initial education, and will select the option(s) that will best maintain their self-management needs.

**AADE Interpretive Guidance:**

Standard eight focuses on the importance of ongoing support above and beyond the initial DSME.

While DSME is necessary and effective, it does not in itself guarantee a lifetime of effective diabetes self-care. Initial improvements in participants’ metabolic and other outcomes have been found to diminish after approximately 6 months.

DSMS (Diabetes Self-Management Support) is defined as:

- Activities that assist the person with prediabetes or diabetes in implementing and sustaining the behaviors needed to manage his or her condition on an ongoing basis beyond or outside of formal self-management training.
- The type of support provided can be behavioral, educational, psychosocial, or clinical.

Identify community opportunities/resources that may benefit their participants and support their commitment to their chosen behavioral modifications. Community options provided to participants must be kept up to date and reviewed periodically. Local support programs can offer opportunities to engage new stakeholders for the DSMES.
Documentation Requirements for Standard 8:

The components for this standard are:
☐ De-identified Chart must also include documentation of ongoing self-management support options specific to the community where the DSMES services are delivered, with participant preferences noted

The options available need to be offered with the patient’s preferences documented.

- Be as specific as possible, listing name, address, phone number and turn your resource list into a nice handout with your logo on it.
- If you have a large organization with multiple sites, you can document more generally in the participant chart without listing a specific name or address. For example: “Mr M will go to his local rec center to find out about low cost exercise classes, or Mr M will use the local mall for walking or will call X for information about walking trails in his area.”
- Document participant’s choice under “ongoing support plan” in the chart
- List of options should be updated periodically and include resources and activities that help participant sustain ongoing skills, knowledge, behavior changes needed to manage their condition, such as:
  - Internal or external group meetings, local or online
  - Ongoing medication management
  - Continuing education
  - Physical activity programs
  - Weight loss support
  - Smoking cessation options
  - Mental health resources or other specialist providers
  - Grocery store tours
  - Community centers
  - Swimming pools
  - Religious group activities
  - Dental resources
  - Diabetes magazines
  - ADA Type 2 Living with Diabetes free program
  - Websites or apps

Additional Resources

These examples are from actual applications submitted by coordinators managing accredited programs.

- Sample 1
- Sample 2
- Sample 3
- Sample 4

AADE Resources for Ongoing Support

The Importance of Peer Support
AACE Prescription Savings directory