

**Standard 8**

National Standard	Essential Highlights	Interpretive Guidance	Checklist
<p><b>Standard 8: Ongoing Support</b></p> <p><i>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.</i></p>	<p>Ongoing support is defined as resources that help the participant implement and sustain the ongoing skills, knowledge, and behavior changes needed to manage their condition. The vital point is that the participant selects the resource or activity that best suits their self-management needs.</p> <p>A person-centered approach is recommended to incorporate ongoing support plans in clinical care.</p>	<p><i>Standard 8 focuses on the importance of ongoing support beyond the initial DSMES services.</i></p> <p><b>Support</b> Support can include internal or external group meetings (connection to community and peer groups online or locally), ongoing medication management, continuing education, resources to support new or adjustments to existing behavior change goal setting, physical activity programs, weight loss support, smoking cessation and psychological support, among others.</p> <p>Peer support using social networking sites improves glucose management, especially in people with Type 2 diabetes. It may be useful to highlight the benefits and accessibility of online diabetes communities as a resource to help participants learn from others living with the condition, facing similar issues, and is available 24 hours a day, 7 days a week.</p> <p><b>Community Resources</b> DSMES providers need to identify community resources that may benefit their participants and support their ongoing efforts to maintain their achievements reached during active participation in the DSMES services. The community resource ongoing support list must be reviewed periodically to keep it up to date.</p> <p>Examples of community resources include the local YMCA, activity-related classes at a senior center, a local support group, grocery store tours at the local grocer, local food shelf, a walking group or local walking trails, community center swimming pool, church group, dental school for discounted or free cleanings, local mental health services, etc.</p>	<p>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</p> <p>YES <input type="checkbox"/> NO <input type="checkbox"/></p>

**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](#)  
[AADE Prescription Savings directory](#)