

## **STANDARD 8 ONGOING SUPPORT**

This is an outline of the components to include in your application and binder for Standard 8.

1. De-identified chart must include documentation of ongoing self-management support options ***specific to the community where the DSMES services are delivered***, with participant preferences noted.
  - a. Be as specific as possible, listing name, address, phone number and turn your resource list into a nice handout with your logo on it.
  - b. If you have a large organization with multiple sites, you can document more generally 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.”
  - c. Document participant’s choice under “ongoing support plan” in the chart
2. 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:
  - a. Internal or external group meetings, local or online
  - b. Ongoing medication management
  - c. Continuing education
  - d. Physical activity programs
  - e. Weight loss support
  - f. Smoking cessation options
  - g. Mental health resources or other specialist providers
  - h. Grocery store tours
  - i. Community centers
  - j. Swimming pools
  - k. Religious group activities
  - l. Dental resources
  - m. Diabetes magazines
  - n. ADA Type 2 Living with Diabetes free program
  - o. Websites or apps