

DOMAIN 3: Person-centered Care and Education Across the Lifespan

The diabetes care and education specialist partners with individuals to deliver care and education conducive to behavior change and improved quality of life for self-management of diabetes and cardiometabolic conditions across the lifespan.

ASSESSMENT

- 3.1 Assesses person's skills and knowledge level, education, health literacy/numeracy, culture, readiness to learn, preferred learning style and language, barriers to learning, financial barriers, confidence and skills with technology use, and support needs
- 3.2 Identifies appropriate community support for ongoing diabetes self-management
- 3.3 Evaluates person's interest and access to support network
- 3.4 Identifies technology tools that are well suited to person's preferences and plan of care to support an improved quality of life
- 3.5 Evaluates individual's physical and cognitive abilities to perform daily self-management activities and identifies tools including adaptive aids to facilitate effective self-management

CARE DELIVERY FOR INDIVIDUAL

- 3.6 Provides evidence-based diabetes and cardiometabolic education to persons across the lifespan
- 3.7 Uses the AADE7 Self-Care Behaviors® as a framework to teach, reinforce, and evaluate self-management skills
- 3.8 Facilitates an individualized education plan focused on achieving and sustaining behavior change and improved quality of life
- 3.9 Develops effective age-specific services using principles of health literacy and numeracy, learning, and behavior change theories
- 3.10 Applies knowledge of technology and person's interest in and comfort with technology to select most appropriate tools
- 3.11 Addresses social determinants of health to facilitate quality care
- 3.12 Applies health behavior and learning theories to inform, motivate, and support the person throughout the lifespan
- 3.13 Facilitates individual problem-solving to overcome barriers to self-management
- 3.14 Adapts behavioral approaches to meet evolving needs of the person
- 3.15 Integrates the inclusion of a support network into person's care

CARE DELIVERY FOR POPULATION

- 3.16 Demonstrates appropriate participatory teaching methods in delivery of education
- 3.17 Participates in care coordination including access to resources

DOMAIN 3: ADCES Education for Person-centered Care and Education across the Lifespan

Access education from ADCES to help you excel in each domain and fill existing gaps in knowledge and skills. Use these with the diabetes care and education specialist self-assessment worksheet to create a personal development action plan.

ASSESSMENT

[The Art and Science of Diabetes Care and Education, 5th Edition - CH. 2](#)

[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)

CARE DELIVERY FOR INDIVIDUAL

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[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)

[Cultural Competence for Diabetes Educators](#)

CARE DELIVERY FOR POPULATION

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