



Diabetes Community Council

Community Action Plan to Build Supports for Diabetes Care



Physical

Checklist for diabetes care

Provide resources

- Glucometers/Strips
- Medications
- Healthy foods
- Supportive socks / shoes
- Foot massagers / pedicures

YWCA / Migizi memberships

- Aqua aerobics

Messages to encourage activity

Spiritual

Community advocates and spiritual leaders on-call to provide care

Cultural trainings for medical staff
- including legal rights

Promote listening to ancestor teachings

Talking circles to pray for healing

Emotional

Support networks

- Weekly/monthly support group

Help Line – referral network

Visit hospitalized patients to decrease denial & isolation

Promoting care for oneself in order to be strong for the family

“Honor the Caregivers”

- Family education
- Family support
- Youth council

Testimonial video / resource list

Mental

Medical Case Managers/CHR/Advocates

- Schedule appointments
- Individual action plans/goals
- Review treatment options

Education

- Diabetic dinners
- Community newsletter/articles

Diabetes center in every home

- Resource lists / book
- Life stages of diabetes (chart)
- Checklist for diabetes care

Prevention

- Elder/Familv/Youth Activities