



## Benefits of Education

- Group Support
- Increased Self-Confidence
- Address Family Concerns
- Understanding Current Trends Related to Your Disease
- Risk Factor Awareness
- Informal Discussions
- Learning How to Adjust to Change
- Accurate and Reliable Information about Health Issues and your Illness



## Benefits of Exercise

- Lowers Blood Pressure
- Improves Cholesterol Profile
- Assists with Weight Control
- Helps with Diabetes Prevention and Management
- Improves Quality of Life
- Decreases Stress Level
- Enhances Activity
- Relieves Symptoms
- Improves Heart Performance
- Increases Energy Level
- Strengthens Bones
- Improves Immune System
- Helps with Disease Management
- Reduces Hospitalizations



## Diabetes Program Goals

**To develop and implement coordinated, effective and efficient care for people with chronic conditions**

**To optimize care of people by promoting a team approach and enhanced self-management of disease**

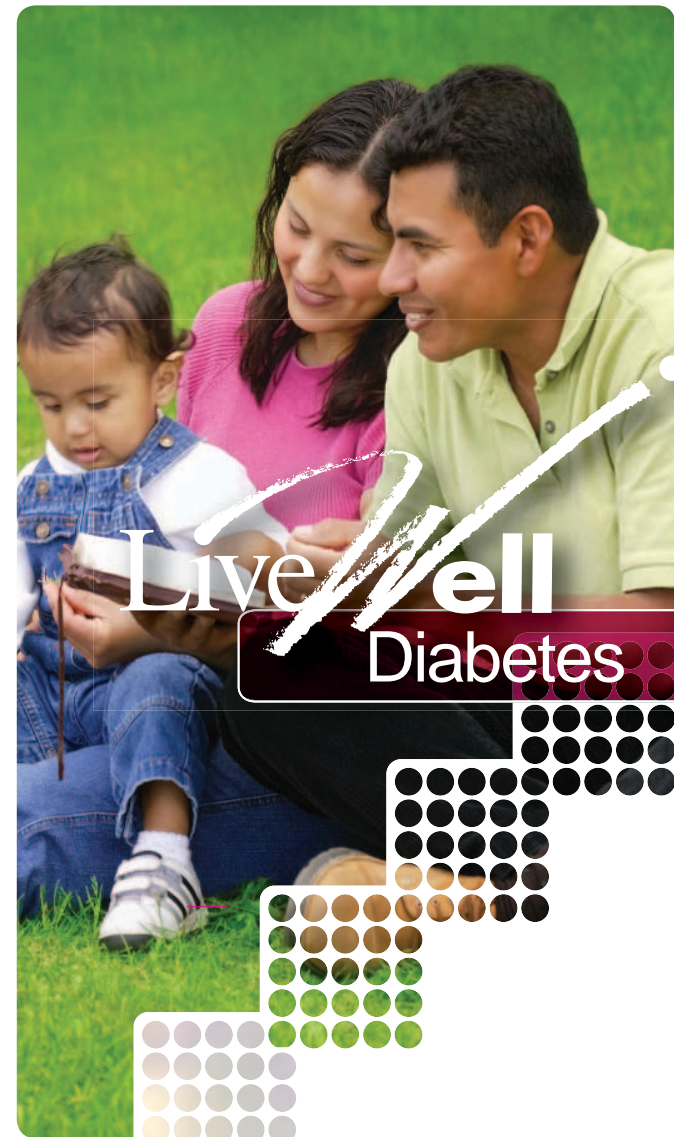
**To promote inter-professional collaboration and education**



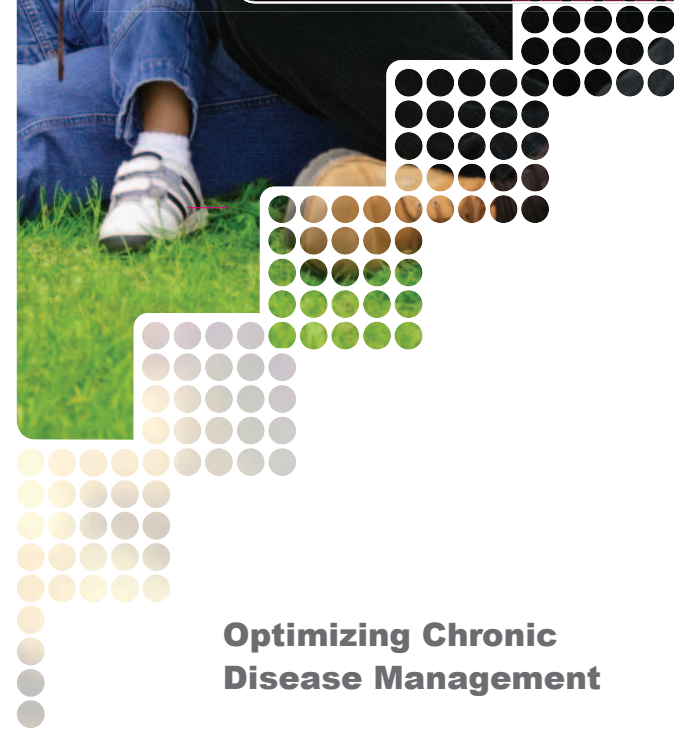
Optimizing Chronic Disease Management

For more information about the Diabetes Program, please contact:

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LiveWell  
 Diabetes



**Optimizing Chronic Disease Management**





## About the Diabetes Program

The **LiveWell Diabetes Program** is offered to individuals and their families who have pre-diabetes, type 1 or 2 diabetes, and diabetes in pregnancy.

**Health care professionals** will provide positive steps toward making healthy lifestyle choices to better manage chronic conditions. The team includes:

- Physicians
- Nurse Clinicians
- Exercise Therapists
- Dietitians
- Community Outreach Workers
- Community Pharmacists

**Different program options** are available to assist with learning about the condition, identifying risk factors, activity guidelines, emotional adjustments, and making positive lifestyle choices.

- Group Education
- Individual Counseling Sessions
- Follow Up Sessions
- Support Groups
- Supervised Exercise Programs
- Self-Management Workshops
- Stress Management Sessions

## WHAT . . .

- Group sessions - Education/Exercise
- Individual appointments with Nurse Clinicians or Dietitians
- Education sessions on nutrition weight management & heart health
- Specialist care
- Specialty clinics for Diabetes in Pregnancy, Pediatric/Young Adult and Adults with Diabetes Management Needs
- Ongoing follow-up for type 1 diabetes clients

## WHO is involved in the program . . .

- You are the central member of the team
- Your family members or other support persons
- Your family doctor - we will compliment their care
- Your diabetes specialist
- Nurse Clinicians
- Dietitians
- Physical/Exercise Therapists
- Other Health Care Professionals as needed to help you

## HOW you become part of the program . . .

- You can be referred by:
  - Your family doctor for specialist care
  - Self-referral for education
  - Any health professional you see; ie doctor, nurse, dietitian.



## WHERE . . .

- Individual or group sessions are available in various locations as listed below.
- Programs are held with community partners, Westside Community Clinic, White Buffalo Youth Lodge  
These programs include: Discovering Diabetes, Food, Fitness, Fun & First Step
- Some family doctors may have a diabetes educator available once/month in their practice for select situations

## RURAL

Programing differs between sites. Contact your local healthcare facility for more information.

### Pillars of Chronic Disease Management Program Design

#### Exercise

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

#### Disease-Specific Management

- Multi-disciplinary team working closely with the patient, their Family Physician and Specialist.
- Evidence-based optimal care delivery.

#### Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the Live Well with Chronic Conditions Program
- Enhance self-management skills

### Saskatoon and area locations

- Royal University Hospital
- Saskatoon City Hospital
- St. Paul's Hospital
- Saskatoon Field House
- Confederation Mall
- Humboldt
- Cosmo Civic Centre
- West Winds Primary Health Centre
- White Buffalo Youth Lodge