

Diabetes Self-management Program- Leader Training

"The Diabetes Self-management Program" is a 4- week workshop developed to help individuals who are dealing with diabetes or pre-diabetes better manage their health and daily lives. The teaching process makes this program effective. Classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The Diabetes Self-management Program was developed by Stanford University School of Medicine and has been tested for effectiveness. For more information go to <https://selfmanagementresource.com/>

Format

Small group workshop, 10-12 participants

2 -2.5 hours per session, 1 session per week for 6 weeks

Classes are held face to face or Online via a ZOOM platform.

Subjects Taught

Appropriate exercise for maintaining and improving strength and endurance

Healthy eating, label reading, menu planning

Action-planning, problem-solving, decision-making

Working more effectively with health care providers

Recommended tests for prevention or delay of complications

Proper foot care

How to use glucose monitoring in order to make day to day decisions

Appropriate use of medication

Techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty

(Please note: Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Who should become a leader?

Adults 19 years of age or older whom living with a chronic condition or if you are interested in supporting people with a chronic condition to better manage their symptoms, such as caregivers, community volunteers and health care providers.

Leader Attributes

- Non-judgmental and open to new ideas
- Responsible, respected and trustworthy
- Committed towards helping others
- Willing to listen, learn new skills and be a healthy role model
- Committed to the philosophy of the program

What are the benefits of becoming a leader?

- Learn facilitation skills
- Learn techniques and strategies you can use in your own life
- Share in other people's success
- Leaders will receive a stipend for leading a workshop

What is involved with the training?

- You must attend a 4- day leader training workshop.
- Once you complete the training, you will receive a Leader Trainer Certificate
- You must be willing to deliver your first workshop with in the first 6 months after your training date.
- Training is free
- Training workshops are interactive and fun.

Am I on my own when delivering a program?

Workshops are delivered with 2 certified leaders. You will be partnered with a more experienced leader until you are comfortable. All registration, materials and evaluations are handled by the Central Self-Management team

Still interested and willing to attend a peer leader training?

If you are interested in becoming a certified leader, please fill out the online leader registration form and a member from our team will contact you to discuss training opportunities.



Self-Management Program, Central LHIN
 465 Davis Drive, Suite 400
 Newmarket, ON, L3Y 7T9
 Tel: (905) 895-4521 ext. 6489

VOLUNTEER APPLICATION FORM

Training Location: Richmond Hill

Training Dates:
 Monday - Thursday October 28th, 29th, 30th & 31st, 2024

Please check all that apply:

Please Mark		Date:
First Name:	Last:	Phone:
Address:		Cell:
City:		Fax:
Postal Code:	Email:	

AVAILABLE TO LEAD WORKSHOP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings							
Afternoons							
Early Evenings							

Occupation	Employer	Contact/Phone Number
Emergency Contact	Relationship	Phone Number
Planned Date of 6-week workshop and Location (if known)		

Languages other than English:

(Spoken) _____ (Written): _____

Other than helping in the community, what are your reasons for wanting to become a volunteer?

Please describe your previous volunteer and work experience:

Describe your experience with elderly people or people with physical or cognitive disabilities:

Opportunities

In addition to co-leading “Healthy Living Now” workshops, are you able to:

Distribute posters or brochures Arrange space, time and dates for a workshop
Help to recruit participants Register participants for a workshop
 Approach media on behalf of the “Healthy Change Now” workshops
 Share your testimony on the program for promotional purposes (print, photo, Testimony)

Volunteer Commitment and Responsibilities

There is NO COST for the Volunteer Peer Leader Training, but we require all trained leaders commit to co-lead one, six-week “Healthy Living Now” workshop each year. Are you able to make this commitment? **Yes** **No**

Before becoming a Volunteer Peer Leader:

The volunteer recruitment procedures below are standard practice and help to promote a safe environment for self-management workshop participants and fellow Volunteer Peer Leaders.

I agree to participate in an interview in person or by phone .

I agree to submit a “signed commitment” to:

a) Honor my responsibilities as a Volunteer Peer Leader.

b) Adhere to the policies of Southlake Regional Health Centre including a “pledge of confidentiality” and “code of conduct”.

I understand and agree to undertake or submit evidence of a valid Vulnerable Person Police Reference Check (completed within the past 2 years). I understand that if the Reference Check is not satisfactory, I may not be offered a volunteer position. This check might take several months to process and its expense will be reimbursed by the Self-Management Program, Central LHIN.

_____ Signature
_____ Date
of Volunteer

References

Please supply two references (no family members living with you, please)

- 1.
- 2.

THANK YOU for your interest!

Please submit this form, by Email: skirby@southlakeregional.org

This information will be kept in confidence.

OFFICE USE ONLY:		
How heard about training:		References Checked:
Plans to offer workshop:		Dietary Restrictions:
Application Reviewed <input type="checkbox"/>	Interview Scheduled <input type="checkbox"/>	Interview Completed <input type="checkbox"/>
Graduated Training <input type="checkbox"/>	Police Check Received <input type="checkbox"/>	Instructed First Workshop <input type="checkbox"/>