

Behavioral Health Home National Diabetes Awareness Month

“You are the most important member of your diabetes team, but you don’t have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.” -www.niddk.nih.gov

Find out how BHH Services can help bring awareness:

Comprehensive Care management	Review health records and ensure clients are properly managing their diabetes. Develop treatment plans that include ways to manage and cope with living with diabetes.
Care Coordination	Assist client with scheduling appointments to monitor and test for diabetes. Assist with follow-up appointments as appropriate.
Health Promotion	Increase awareness of diabetes by offering classes to educate clients. Offer workshops that promote healthy coping skills and encourage clients to seek help when needed.
Comprehensive transitional care	If a client admitted to the hospital because of complications related to his/her diabetes, meet with client and discuss treatment options. After client is discharged, create a plan to ensure client is not readmitted.
Patient and family support	Educate client and family members on diabetes. Offer support as needed and encourage family to seek help when needed.
Referral to community support services	Find and suggest diabetes support groups. Research both local and online support groups for clients with diabetes.

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			National Family Literacy Day			
5	6	7	8	9	10	11
National Diabetes Education Week						
12	13	14	15	16	17	18
World Pneumonia Day				International Day of Tolerance		
19	20	21	22	23	24	25
National Family Week				Thanksgiving		
26	27	28	29	30		
		Giving Tuesday				

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Community Resources

- [Learn, Connect, Engage: with the Diabetes Online Community](#)
- [CT Diabetes Resources](#)

Online Resources

- [You Are the Center of your Diabetes](#)
- [4 Steps to Manage Your Diabetes for Life](#)
- [Guiding Principles for the Care of People with or at Risk for Diabetes](#)
- [My Health Advisor - A powerful tool to calculate risk for health problems](#)
- [Diabetes 24/7—Personal Health Record](#)

Toolkits & Handouts

- [Holiday Season Eating - for people with diabetes](#)
- [A Diabetes-Friendly Eating Plan - for the big game](#)
- [Which Path Will You Choose Infographic](#)
- [What is Diabetes](#)
- [Living with Diabetes](#)

www.ctintegratedcare.com Toll-Free #: 1-844-551-2736

