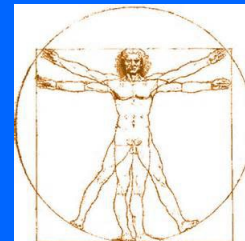




# Put Life Back in Your Life!



## Diabetes Self-Management Program Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Overview of self-management and diabetes</b>	*					
<b>Nutrition / Healthy Eating</b>	*	*	*	*		
<b>Making an action plan</b>	*	*	*	*	*	
<b>Monitoring diabetes and blood sugar</b>	*	*	*	*	*	*
<b>Problem-solving</b>		*	*	*	*	*
<b>Feedback</b>		*	*	*	*	*
<b>Dealing with stress</b>		*				
<b>Preventing low blood sugar</b>			*			
<b>Preventing complications</b>			*			
<b>Making decisions</b>			*			
<b>Physical activity / Exercise</b>			*		*	
<b>Difficult emotions</b>				*		
<b>Depression</b>					*	
<b>Positive thinking</b>					*	
<b>Relaxation techniques</b>					*	
<b>Communication</b>					*	
<b>Sick days</b>						*
<b>Foot care</b>						*
<b>Medication</b>						*
<b>Working with your health care professional and health care system</b>						*
<b>Future plans</b>						*

## Homework by Session

### *Book: Living a Healthy Life with Chronic Conditions, 5<sup>th</sup> Edition*

#### **Session 1:**

- On 2 days, one work day & one non-work day, monitor blood sugar once in AM before eating, once 2 hours after a meal & once after exercising. Write down all you eat on same two days, take note of what learned.
- Reading: Chapters 1, 2, 10, and 14. Especially food guide pages 267 - 274.
- Keep track of your action plan.

#### **Session 2:**

- Keep track of what & when you eat 2 days, one weekday & one weekend day.
- We will be covering decision-making next time; think of something for which you need to make a decision & have it ready next week.
- Reading: Chap 10, pages 338 - 343.
- Keep track of your action plan.

#### **Session 3:**

- Pay attention to labels of favorite foods; see if eating hidden fat & if saturated or non-saturated.
- Look at serving sizes on labels of foods; bring 1-2 labels next week & be prepared to tell what you have discovered.
- Reading: Chapters 6 and 7, pages 27-28, 177-179, 239 – 240, and 351 - 352.
- Keep track of your action plan.

#### **Session 4:**

- Reading: Chap 10, pages 110 - 116.
- Reading food labels; try having smaller servings of foods high in carbohydrates and/or fats.
- Keep track your exercise each day.
- Keep track of your action plan.

#### **Session 5:**

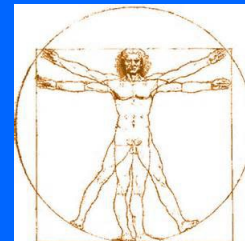
- Pay attention to the types of thoughts you have about yourself; try to replace negative ones with positive ones.
- Keep track of exercise one weekday & one weekend day; be prepared to share what learned.
- Monitor your blood sugar before & after eating AND before and after exercise twice and be prepared to talk about it and if you have seen any changes since you did this five weeks ago.
- Reading: Chap 6, pages 166 – 175, 150 – 154, and 137 -148.
- Call, email or write letter to your provider about what you have accomplished. If not pleased, write letter to the workshop's developers explaining. Address: **Self-Management Resource Center**, 711 Colorado Avenue, Palo Alto, CA 943043 or [smrc@selfmanagementresource.com](mailto:smrc@selfmanagementresource.com). You don't have to mail or show these letters, but bring them with you next week for your own use in the sharing activity.
- Keep track of your action plan.

#### **Session 6:**

- Create and/or update a medication list and keep it current.
- Reading: Pages 289 – 294, 345 – 347, and 351 - 352.
- Continue using your action plans as a support.



# Pon vida ¡De vuelta a tu vida!



## Resumen del taller del Programa de Autocontrol de la Diabetes

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Introducción al autocontrol y la diabetes</b>	*					
<b>Nutrición / Alimentación Saludable</b>	*	*	*	*		
<b>Elaboración de un plan de acción</b>	*	*	*	*	*	
<b>Vigilar la diabetes y el azúcar en la sangre</b>	*	*	*	*	*	*
<b>Resolución de problemas</b>		*	*	*	*	*
<b>Compartir experiencias</b>		*	*	*	*	*
<b>Lidiar con el estrés</b>		*				
<b>Prevenir el nivel bajo de azúcar en la sangre</b>			*			
<b>Prevención de complicaciones</b>			*			
<b>Toma de decisiones</b>			*			
<b>Actividad física / Ejercicio</b>			*		*	
<b>Emociones difíciles</b>				*		
<b>Depresión</b>					*	
<b>Pensamiento positivo</b>					*	
<b>Técnicas de relajación</b>					*	
<b>Comunicación</b>					*	
<b>Días de enfermedad</b>						*
<b>Cuidado de los pies</b>						*
<b>Medicamentos</b>						*
<b>Trabajar con su profesional de la salud y su sistema de atención médica</b>						*
<b>Planes para el futuro</b>						*

# Tareas por sesión

## *Libro: Tomando control de su salud, 5ª Edición*

### **Sesión 1:**

- Durante 2 días, un día entre semana y un día del fin de semana, vigile el azúcar en su sangre una vez por la mañana antes de comer, una vez 2 horas después de una comida y una vez después de hacer ejercicio. Anote todo lo que come durante esos dos días, tome nota de lo que aprendió.
- Lectura: Capítulos 1, 2, 10 y 14. Especialmente las páginas de guías alimentarias 267 - 274.
- Mantenga un registro de su plan de acción.

### **Sesión 2:**

- Lleve un registro de lo que come y cuándo lo come durante 2 días, un día de la semana y un día de fin de semana.
- La próxima vez hablaremos de la toma de decisiones; Piense en algo para lo que necesite tomar una decisión y tengalo listo la próxima semana.
- Lectura: Capítulo 10, páginas 338 - 343.
- Mantenga un registro de su plan de acción.

### **Sesión 3:**

- Preste atención a las etiquetas de sus comidas favoritas; vea si tiene grasas ocultas, si son saturada o no saturada.
- Fijese en el tamaño de las porciones en las etiquetas de los alimentos; Traiga 1 o 2 etiquetas la próxima semana y prepárese para presentar lo que ha descubierto.
- Lectura: Capítulos 6 y 7, páginas 27-28, 177-179, 239 – 240, y 351 - 352.
- Mantenga un registro de su plan de acción.

### **Sesión 4:**

- Lectura: Capítulo 10, páginas 110 - 116.
- Lea las etiquetas de los alimentos; Trate de comer porciones más pequeñas de alimentos con alto contenido de carbohidratos y/o grasas.
- Lleve un registro de su ejercicio todos los días.
- Mantenga un registro de su plan de acción.

### **Sesión 5:**

- Preste atención a los tipos de pensamientos que tienes sobre usted mismo; Intente reemplazar los pensamientos negativos por otros positivos.
- Lleve un registro del ejercicio que hace un día entre semana y un día de fin de semana; esté preparado para compartir lo aprendido.
- Vigile su azúcar en la sangre antes y después de comer y antes y después del ejercicio dos veces y esté preparado para hablar sobre ello y si ha visto algún cambio desde que lo hizo hace cinco semanas.
- Lectura: Capítulo 6, páginas 166 – 175, 150 – 154, y 137 -148.
- Llame, envíe un correo electrónico o escriba una carta a su proveedor sobre lo que ha logrado. Si no está satisfecho, escriba una carta a los desarrolladores del taller explicando. Dirección: **Self-Management Resource Center**, 711 Colorado Avenue, Palo Alto, CA 943043 o [smrc@selfmanagementresource.com](mailto:smrc@selfmanagementresource.com). No tiene que enviar por correo ni mostrar estas cartas, pero tráigalas con usted la próxima semana para su propio uso en la actividad de compartir.
- Mantenga un registro de su plan de acción.

### **Sesión 6:**

- Crear y/o actualizar una lista de medicamentos y manténgala actualizada.
- Lectura: Páginas 289 – 294, 345 – 347, y 351 - 352.
- Continúe utilizando sus planes de acción como apoyo.



# PEARLS

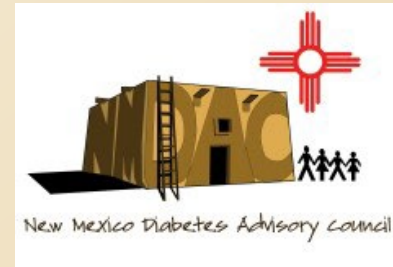
Program to Encourage Active, Rewarding Lives



# **An Orientation to PEARLS: A new evidence-based program to provide self management tools and support to older adults in New Mexico**

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Susan J. Perry, Ph.D., LPCC  
NMDAC PEARLS Coordinator



# Financial Disclaimer

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- > This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$599,288.00 with 100 percent funding by ACL/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.
- > *Sue Perry does not have any financial relationships with any commercial interests that create a conflict of interest affecting the content of this presentation regarding products or services.*

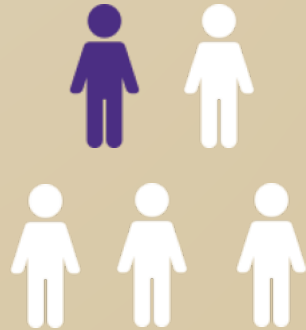
# Why We Need to Address Isolation & Depression for Older Adults

**43% of older adults**  
feel lonely on a regular basis

**45% increased risk of death**  
in older adults who reported feeling lonely

Loneliness is as damaging to health as  
**smoking 15 cigarettes a day**

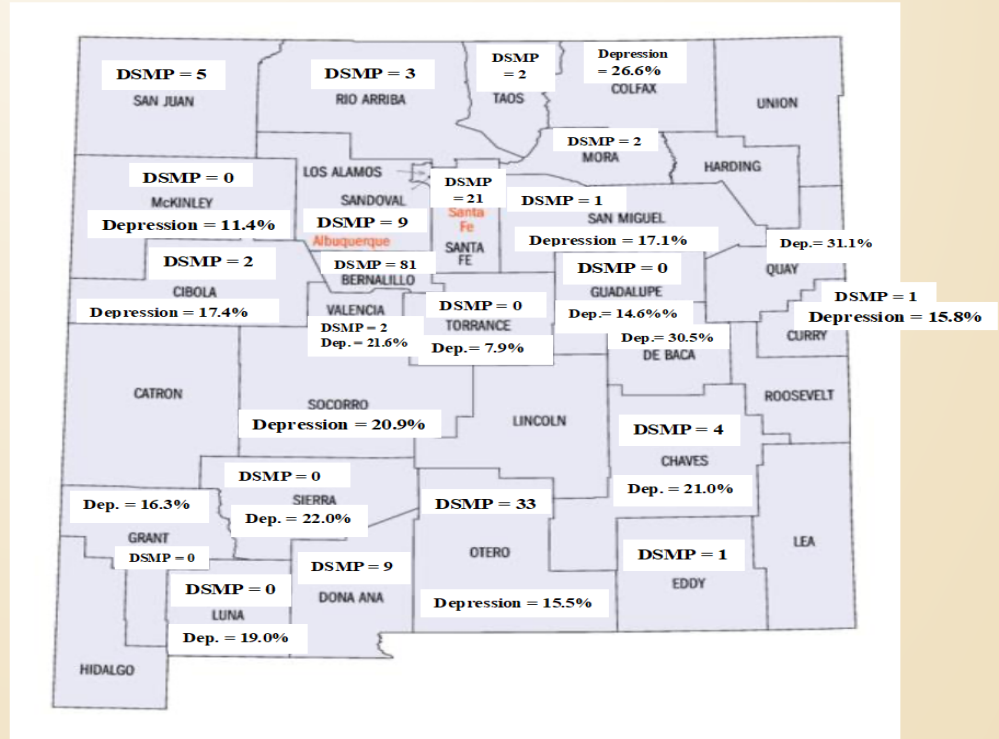
**1 in 5 older adults**  
are affected by  
social isolation.





# Depression and Diabetes

**2022 New Mexico DSMP Participants by County and 2019-2021 combined years, age-adjusted rates of depression**



Statewide 2022 DSMP: N = 40 workshops, 208 participants, & 165 (79.33%) completers

# **What We Know Works**

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Four evidence-based steps to address isolation and depression with someone.

- 1. Reach people who are isolated and depressed.**
- 2. Understand the specific causes of the individual's isolation and depression.**
- 3. Collaborate with the person on solutions.**
- 4. Connect the person with additional services and supports.**

# **Program to Encourage Active, Rewarding Lives (PEARLS)**



# **What Is PEARLS?**

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## Program to Encourage Active, Rewarding Lives

- > Supports **older adults** who have **depression and are isolated**.
  - No diagnosis needed
  - Designed to be delivered in the home, community, or remotely
- > Focuses on **skill building and problem-solving**.
- > Meets various community needs as a **collaborative effort**.
  - Requested by and developed with community organizations who use it.
- > Simple and easy to administer.

# PEARLS Model



The first PEARLS session may occur during the screening or intake (time allowing), or on a separate visit

# PEARLS Coach Training

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## 11 Online Modules

- **Problem-Solving Treatment (PST) and Behavioral Activation (BA)**
- Depression 101
- Screening and eligibility
- The evidence behind the program
- Clinical Supervision
- Self-harm (identifying risk factors and developing a protocol)
- Program adaptations and implementation



## 90-min Zoom Practice Session

- Small groups of trainees demonstrate what they learned in the online modules by **role playing as PEARLS coaches**.
- PEARLS Trainer provides guidance and feedback.
- Trainees learn from their peers
- Spanish sessions available



## Course Evaluation

- Trainees are required to complete an online evaluation before receiving their certificate of completion.

# 1. Reach People Who Are Isolated & Depressed

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PEARLS is designed to reach people where they are — in their communities.

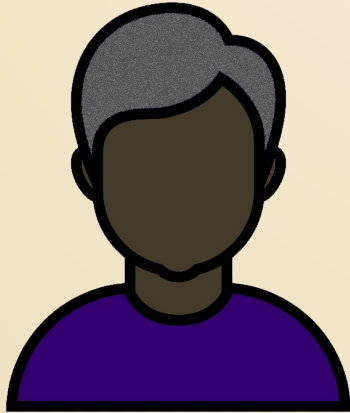


	2018-2020 Study (320 people)	2011-2016 Study (1,182 people)
Mean Age	73	70
Female	79%	60%
% Black	21%	18%
% Asian	2%	30%
% Latino	19%	3%
% Limited-English	15%	23%
% Low-Income	81%	73%

## 2. Understand Specific Causes of the Individual's Isolation & Depression

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PEARLS teaches staff to identify the cause of their client's isolation and/or depression.



### Alva's Story

67-year-old, Black, widow experiencing:

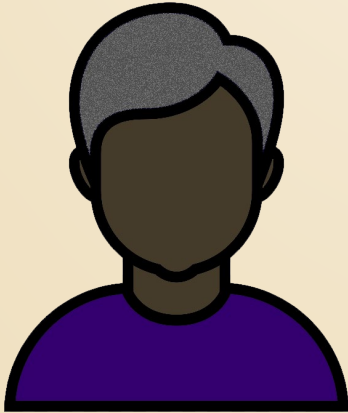
- Depression and isolation
  - > Her husband has died
- Health declining
- Financial issues



# 3. Collaborate With the Person on Solutions

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Help older adults develop the skills they need to improve their health, happiness, and independence.



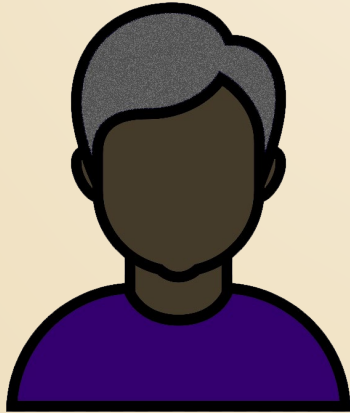
## Alva's Skill Building & Solutions

- Focus on “something else I can do rather than just looking at my problems”
- Reconnect with church family and adult children
- Resumed meditation
- Helped neighbors

## 4. Connect the Person With Additional Services & Supports

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PEARLS empowers older adults to reach out for additional services in the community. This may include staff connecting clients to other existing services inside or outside your organization.



### Alva's Additional Services

- Pain management
- Financial assistance

## **Next Steps:**

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- > If you are interested in becoming a PEARLS Certified Coach contact Sue Perry at: [drsuep@comcast.net](mailto:drsuep@comcast.net) or 505-660-9567

Training slots are limited to 10 this year, contact Sue Perry ASAP if interested. PEARLS Certified Coaches will be expected to work with 2-4 participants in year ending April 30, 2024.

- > If you are interested in promoting and acting as a “super referral agent” for PEARLS, Contact Sue Perry at [drsuep@comcast.net](mailto:drsuep@comcast.net) or 505-660-9567 for program flyers, more information about training and ways to promote and recruit participants for PEARLS

## **Next Steps:**

- > Identify persons in your organization who might want to become a certified PEARLS Coach and refer to Sue Perry.
- > Check out Paths to Health NM for PEARLS listing and bi-directional referrals : <https://pathstohealthnm.org>

# **Thank you!**

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To learn more about PEARLS research, program implementation, training, or technical assistance – check out our website: [www.pearlsprogram.org](http://www.pearlsprogram.org)