



Central East Self-Management Training Program

免費六星期 糖尿病自我管理課程 (普通話)

課程是由美國史丹福大學 (Stanford University) 設計和研究。現正在世界各地推廣。

課程內容:

- 處理糖尿病的有效方法
- 制訂運動及健康飲食計劃
- 如何感覺更好，做更多你喜歡的活動
- 藥物使用及與醫生溝通的方法

日期: 11月12日, 19日, 26日, 12月3日, 10日, 17日 (星期三)

時間: 中午 12:30 – 中午 3:00

地點: 聖保羅中心 – Seminar Room C (餐廳內的會議室)
3333 Finch Ave East

歡迎長期健康有問題的長者及照顧長者人士參加。

完成整個課程的參加者將會免費獲得“實踐健康生活-慢性病自我管理手冊” (*Living a Healthy Life with Chronic Conditions*) 一本。

參加者請於 11月7日。

報名及查詢請致電 (416) 493 - 3333

“慢性病患者的 健康生活”

課程大綱

| | 第一週 | 第二週 | 第三週 | 第四週 | 第五週 | 第六週 |
|--------------|-----|-----|-----|-----|-----|-----|
| 糖尿病與自我管理課程大綱 | * | | | | | |
| 行動計劃 | * | * | * | * | * | * |
| 營養 / 健康飲食 | * | * | * | * | | |
| 回應/解決問題 | | * | * | * | * | * |
| 預防低血糖 | | * | | | | |
| 預防併發症 | | | * | | | |
| 健身/運動 | | | * | * | | |
| 處理壓力 | | | * | | | |
| 鬆弛技巧 | | | * | * | | |
| 難以處理的情緒 | | | | * | | |
| 控制血糖 | | | | * | | |
| 抑鬱 | | | | | * | |
| 積極的思想 | | | | | * | |
| 溝通 | | | | | * | |
| 藥物 | | | | | * | |
| 與醫務人員合作 | | | | | | * |
| 配合健康保健制度 | | | | | | * |
| 生病的日子 | | | | | | * |
| 皮膚及足部護理 | | | | | | * |
| 計劃未來 | | | | | | * |

A **free** six-week program on Self-Management for People with **Diabetes**

Learn About:

- Effective ways to deal with diabetes
- Setting up exercise and healthy eating plans
- Ways to feel better and do more of the activities you enjoy
- Strategies for better managing your medication and communicating with your doctor

Language: Mandarin

Dates: Nov 12, 19, 26, Dec 3, 10 & 17 (Wednesdays)

Time: 12:30pm – 3:00pm

Location: St. Paul's L'Amoreaux Centre – Seminar Room C
3333 Finch Avenue East
(Southwest corner of Finch and Warden)

Older adults, seniors with diabetes, and caregivers are welcome to attend.

Participants will receive a free copy of the book *Living a Healthy Life with Chronic Conditions*.

Pre-registration is required on or before November 7, 2014.

To register, please call **(416) 493 – 3333**.

Workshop Overview (Diabetes)

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|--|--------|--------|--------|--------|--------|--------|
| Overview of self-management and diabetes | ➤ | | | | | |
| Making an action plan | ➤ | ➤ | ➤ | ➤ | ➤ | ➤ |
| Nutrition/Healthy Eating | ➤ | ➤ | ➤ | ➤ | | |
| Feedback/problem-solving | | ➤ | ➤ | ➤ | ➤ | ➤ |
| Preventing low blood sugar | | ➤ | | | | |
| Preventing complications | | | ➤ | | | |
| Fitness/exercise | | | ➤ | ➤ | | |
| Stress management | | | ➤ | | | |
| Relaxation techniques | | | ➤ | ➤ | | |
| Difficult emotions | | | | ➤ | | |
| Monitoring blood sugar | | | | ➤ | | |
| Depression | | | | | ➤ | |
| Positive thinking | | | | | ➤ | |
| Communication | | | | | ➤ | |
| Medications | | | | | ➤ | |
| Working with your health care professional | | | | | | ➤ |
| Working with the health care system | | | | | | ➤ |
| Sick days | | | | | | ➤ |
| Skin and foot care | | | | | | ➤ |
| Future plans | | | | | | ➤ |