

# Meeting a Lifelong Challenge



Living with diabetes is hard. So are managing your weight and staying healthy. Using the skills you've learned can make it easier to continue to meet these challenges.

## Think about how far you have come

- ▶ You've learned new skills and habits that make it easier to stay healthy.
- ▶ You're stronger now because you've overcome challenges.
- ▶ You're smarter in a lot of ways. You've had to deal with diabetes and learn how to manage your weight. You also know yourself a lot better now.

## Think about all the skills you have learned in the TODAY program

You have learned how to:

- ▶ Ask for help when you need it.
- ▶ Identify and work around your barriers.
- ▶ Try new things and move outside your comfort zone.
- ▶ Plan ahead and problem-solve as needed.
- ▶ Set goals, make plans, and keep track.
- ▶ Take responsibility for your choices.
- ▶ Think positively about yourself and your progress.

## Keep on going

- ▶ Continue to take care of your health.
  - ▶ Prioritize a healthy lifestyle.
  - ▶ See your healthcare providers regularly.
  - ▶ Set goals and review them as needed.
- ▶ Use the skills you learned in the TLP to succeed in other areas.
  - ▶ Think about other areas of your life you would like to change.
  - ▶ How can you use the skills you have learned to make those changes?
- ▶ Continue to keep your past successes in mind as you move forward.

### Additional resources

- ▶ Positive Results: LC 23
- ▶ It's Healthy- And Helpful- To Praise Yourself: Magnetic Memo 23

### Suggested activity

Make a list of all the skills you have learned in the TODAY program. Identify 3 ways your lifestyle behaviors are healthier now than when you started. Share your list with your parents and your PAL.

### My notes



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*Especially for the Family Support Person*

## How can I help her use the skills she has learned?

- ▶ Remind her how far she has come.
- ▶ Point out all she has learned about taking care of herself and solving problems.
- ▶ Remind her you will continue to help and support her.
- ▶ Help her identify the skills she has learned.
- ▶ Pay attention to her feelings. She never gets a day off from diabetes. She may get discouraged from time to time. Encourage her. Problem-solve together if you need to.
- ▶ Help her stay positive. Don't ignore all the difficulties she faces. They are there, and they are real. But there may also be positives to the situation that she might not see.
- ▶ Encourage her to use her skills in other areas of her life.
  - ▶ Point it out if she is already doing this. Praise her.
  - ▶ Talk about other areas of her life where she can use her skills. Be specific. Help her make a plan.

## How has the TODAY program helped me?

- ▶ Think about how your life has changed while supporting someone in the TODAY program.
  - ▶ What are you smarter about now?
  - ▶ How are you stronger?
  - ▶ What new skills have you learned?
- ▶ Think about the parenting skills you have learned that can help you in other areas.
  - ▶ Active listening
  - ▶ Communicating through "I" statements
  - ▶ Setting limits
  - ▶ Setting rules
- ▶ Consider other areas where you can use the skills you have learned.
  - ▶ At work
  - ▶ At home
  - ▶ With family and friends

### Additional resources

- ▶ Small Changes Add Up to Real Progress: LC 23
- ▶ It's Healthy- And Helpful- To Praise Yourself: Magnetic Memo 23

### Suggested activity

Help her make a list of all the skills she has learned in the TODAY program. Make a list of your own. Talk about all of your new skills at a family meeting.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight

