

Do You Have Type 2 Diabetes?

Then Meet **DESMOND**

And discover support aimed at helping you manage your diabetes



Who or what is DESMOND?

DESMOND stands for Diabetes Education and Self Management for Ongoing and Newly Diagnosed

More simply...

- It's a way of finding out more about Type 2 Diabetes.
- It's a resource to help you manage the changes diabetes will bring to your life.
- It's an opportunity to meet and share experiences with others.

So, what's involved?

You will be invited to join a small group of people newly diagnosed with Type 2 diabetes on a **DESMOND** education programme. The programme will be led by health professionals with a special interest and knowledge of diabetes who have been trained in DESMOND skills.

The sessions are led by Educators who are health professionals trained to ensure that you are provided with honest, up-to-date, evidence-based information about the causes, effects and options for managing your diabetes. DESMOND is a one-day course.

The Educators were knowledgeable and resourceful, but so down to earth - it made for such a wonderful way of final coming to terms with my diabetes!

What will I get out of a DESMOND session?

Quite a lot! As well as getting up-to-date information, you will learn practical skills which you may find helpful in managing your diabetes. An opportunity will be provided to discuss and explore factors relating to diabetes, such as food choices, activity and medication. You will also be able to meet and talk to others in the same situation.

At the end of the session, everyone taking part in DESMOND will have information to take away for reference.

The DESMOND Programme was brilliant - really helped me understand MY diabetes

But I've never taken part in anything like this before!

For some people, taking an active part in an education programme like DESMOND may seem strange. But if the word 'education' conjures up images of being back in school – think again! In DESMOND sessions, the atmosphere is informal and friendly.

The local DESMOND team are very approachable and part of their job is to make you feel welcome and comfortable about attending the programme.

If you find the idea of joining in at these sessions too difficult, no one will make you contribute. But you will get much more out of the session if you come prepared to share your experiences, thoughts and opinions.

If you would like to bring your partner, a family member or a friend with you to the course – they will be very welcome. As one person has said about DESMOND:

The great comfort I found in the DESMOND session is that they were really about us, the people with diabetes and it wasn't 6 hours of, "you mustn't do this or that"!

What if I decide it's not for me?

We think you will find **DESMOND** a great help in learning more about, and getting control of, your diabetes. Your nurse & GP think so too, which is why he/she has brought the **DESMOND** programme to your attention.

When you first find out you have diabetes, you need a good start in making healthy lifestyle choices. **DESMOND** gives you that good start.

But if you decide not to attend, you will still receive care as usual from your doctor and Diabetes Team.

But what makes DESMOND so special?

DESMOND is pretty unique. It's an education programme designed to support you, the person with diabetes, to become the expert. The Educators are there to help you increase your knowledge and understanding of what having diabetes will mean for you. But at the end of the day, you will be the person in control and making the decisions.

What will I have to do?

That's easy! You need to be prepared to attend an entire session of the DESMOND course. This is for your benefit, so that you can be sure of having all the information you need. At the course, you will be one of a group of up to 10 people with Type 2 diabetes who will be taking part. The DESMOND programme is built around group activities, but there will be opportunities for individuals to speak to an Educator on their own if they wish.

You may also be asked to complete some booklets of questions before and after taking part in DESMOND. This is so we can look at how effective DESMOND is in helping people manage their diabetes.

I'm keen to start, so what happens next?

Your doctor or nurse will have explained how the booking system for DESMOND works in your area, and how your local team will contact you with dates, details and directions for the venue where the course is being held. After that, simply turn up and take part!

In the meantime, if you would like more information, please contact:

In Edinburgh, East and Midlothian

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