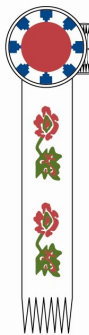


Native Women's Association of Canada

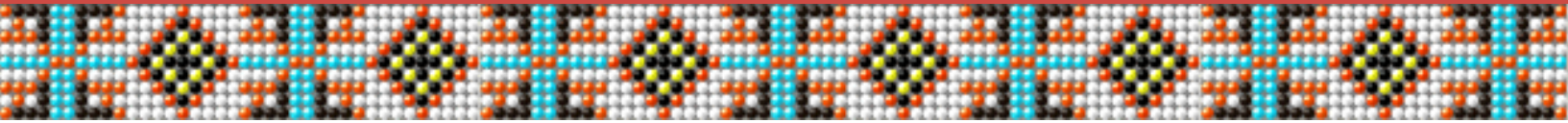
*Diabetes Self-Management Toolkit
for Aboriginal Women*

My Personalized Diabetes Action Plan



Native Women's
Association of Canada

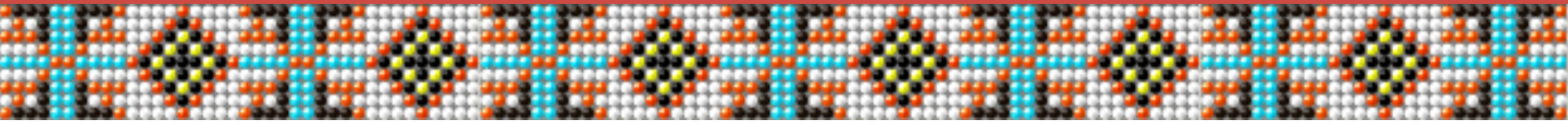
You may want to photocopy these pages.



Personalizing Your Plan!

Step 1: Start listing your likes and dislike's in one column. In a second column list how this effects or impacts upon your diabetes. In a third column, list what action, if any can be implemented to address the item. Ask your health care professional for assistance if necessary.

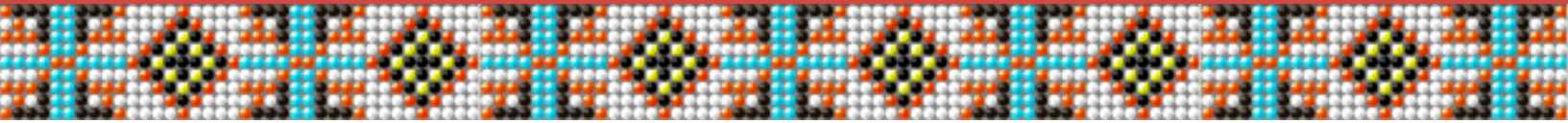
Likes & Dislikes	Effects / Impacts on Diabetes	Actions: Things I Can Do!



Applying a Strategic Approach!

My Informational Needs

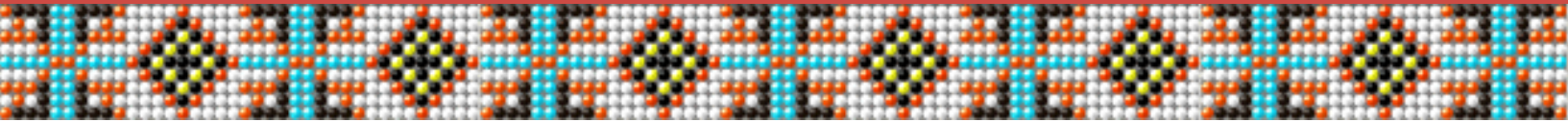
My Information Needs	Where & How to Get This Information	How I Will Use This Information



Applying a Strategic Approach!

My Support Needs

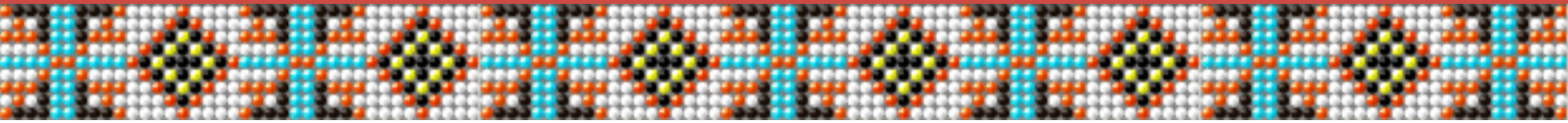
My Support Needs	How This Need Can Be Met	What I Will Do!



Applying a Strategic Approach!

My Medical Needs

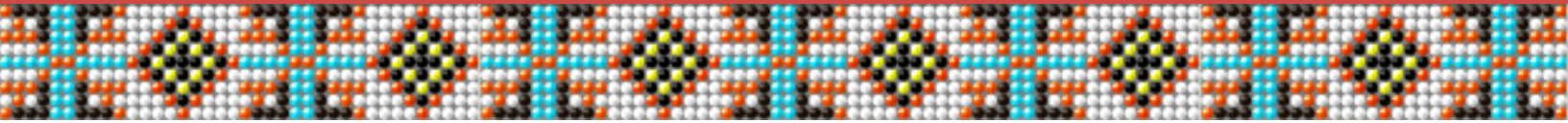
My Medical Needs	Medical Advice	What I Will Do!



Applying a Strategic Approach!

My Community Needs

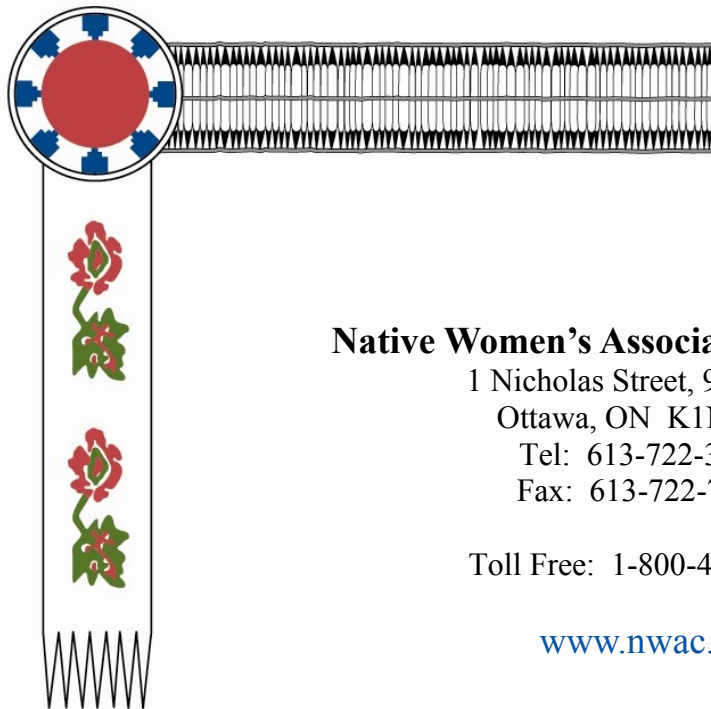
My Community Needs	Where to Find Information	Goals to Implement Community Needs



Holistic Application!

My Holistic Application

Topic	How This Relates To My Plan	How To Implement!



Native Women's Association of Canada

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IMPORTANT NOTICE

This toolkit was designed to supplement information and resources related to diabetes prevention, awareness and management. It was not designed to replace the valuable insight, care and treatment provided by your Health Care Professional.

Always consult your Health Care Professional