Diabetes Community Council
Community Action Plan to Build Supports for Diabetes Care

**Physical**
- Checklist for diabetes care
- Provide resources
  - Glucometers/Strips
  - Medications
  - Healthy foods
  - Supportive socks / shoes
  - Foot massagers / pedicures
- YWCA / Migizi memberships
  - Aqua aerobics
- Messages to encourage activity

**Spiritual**
- Community advocates and spiritual leaders on-call to provide care
- Cultural trainings for medical staff
  - including legal rights
- Promote listening to ancestor teachings
- Talking circles to pray for healing

**Emotional**
- Support networks
  - Weekly/monthly support group
- Help Line – referral network
- Visit hospitalized patients to decrease denial & isolation
- Promoting care for oneself in order to be strong for the family
  - “Honor the Caregivers”
    - Family education
    - Family support
    - Youth council
- Testimonial video / resource list

**Mental**
- Medical Case Managers/CHR/Advocates
  - Schedule appointments
  - Individual action plans/goals
  - Review treatment options
- Education
  - Diabetic dinners
  - Community newsletter/articles
- Diabetes center in every home
  - Resource lists / book
  - Life stages of diabetes (chart)
  - Checklist for diabetes care
- Prevention
  - Elder/Familv/Youth Activities

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