

# Re-visioning self-care management for seniors living with diabetes: A community consultation

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1. Some individuals embark on the process of engagement in self-care management without a clear understanding and knowledge of diabetes.<sup>1</sup>
2. Healthcare providers often fail to understand the difference between instruction and true engagement, that engagement is particular to each person, and that it is affected by the social determinants of health.

**Our goal** is to engage seniors with diabetes, health care providers and researchers in a community consultation to formulate the research process to develop, implement and evaluate an educational program in self-care management for seniors with diabetes.



Our **methodology** is *Participatory Action Research* -Voice of the community



## Research Plan

1. **Planning of Community Consultation:** To engage seniors living with diabetes, healthcare providers and researchers in the process of organizing a community consultation.
2. **Community Consultation Meeting:** To hold a one-day community consultation to formulate the research process for the development, refinement and evaluation of self-care management program for seniors living with diabetes.
3. **Development of research proposal:** To develop a research proposal for the CIHR-Project Grant Program based on the findings from Objective 2 (Community Consultation) through a consensus method.
4. **Knowledge Mobilization:** To publish one community report and one academic paper outlining the outcomes of this planning grant in a peer-reviewed journal.

This study has been approved by the Queen's ethics board.