

## Patient Diabetes Education Programmes – A Handy Guide

Programme Title	Healthier You	EMPOWER
<b>Who is it for</b>	<ul style="list-style-type: none"> <li>✓ Hb1Ac between 42–47 mmol/mol (at risk of developing diabetes)</li> <li>✓ Aged 18 years or over</li> <li>✓ Not pregnant</li> </ul>	<ul style="list-style-type: none"> <li>✓ Confirmed diagnosis of Type 2 Diabetes</li> <li>✓ Aged 17 years or over</li> </ul>
<b>Provider</b>	Igneus	Spirit Healthcare
<b>Web site</b>	<a href="http://www.stopdiabetes.co.uk">www.stopdiabetes.co.uk</a>	<a href="http://www.empower-diabetes.co.uk">www.empower-diabetes.co.uk</a>
<b>Purpose</b>	Provide information and advice on lifestyle to achieve a healthier life and so minimise the risk of developing T2D	Provide information about T2D and its treatment; and lifestyle advice to minimise the risk of developing complications.
<b>Commitment from patient</b>	Attend a 90 minute session every 3 or 4 weeks over a 9 month period	Attend a single 3 hour session
<b>Venues</b>	Numerous, convenient local venues. Variety of times available	Numerous, convenient local venues. Variety of times available
<b>Style of education</b>	Face2face, interactive, coaching approach	Face2face, interactive, encouragement to set goals for changing behaviours.
<b>Referral</b>	<ul style="list-style-type: none"> <li>✓ By practice <b>ONLY</b></li> <li>✓ EMIS (NDPP)</li> </ul>	<ul style="list-style-type: none"> <li>✓ By practice</li> <li>✓ EMIS (EMPOWER)</li> <li>✓ Patient self-referral either on-line or by telephone.</li> </ul>
<b>Self-referral info</b>	Patients are <b>NOT</b> permitted to self-refer	<a href="https://east-lancs.empower-booking.co.uk/">https://east-lancs.empower-booking.co.uk/</a>  0800 8527 460

### Digital education - My Diabetes MY Way

For those unable to attend Face to face Type 2 or for ongoing learning online programmes are available. Ideally they need to be completed within 6-12 months of diagnosis, but can be done any time. Patient registration is online via [www.ydyw.co.uk](http://www.ydyw.co.uk).