

How Motivated Are You?

Think about the behaviors you want to change. Use the chart to determine your motivation level.

HIGH MOTIVATION: You continue to learn as much as you can and surround yourself with motivated people. Success is assured.

MEDIUM MOTIVATION: Learning more about the changes you want to make and getting the support of people who have succeeded can increase your motivation.

LOW MOTIVATION: You need a big boost from something or someone. Consider an easier behavior change first. Once you have a small success, you're better prepared for big changes. *(Healthworks, 2501 SE Madison, Portland, OR)*

MOTIVATIONAL LEVELS

What you say to yourself	Your Attitude	Motivational Level	
I am changing.	YES!	HIGH	10
I will change.	Determination		9
I want to change.	Ambition		8
I will try to change.	Willingness		7
I think I can change.	Faith in ability	MEDIUM	6
I wish I could change.	Desire		5
I might change.	Possibility		4
I don't think I can change.	Little confidence	LOW	3
I don't want to change.	No desire		2
I will not change.	NO!		1



Memorial Medical Center
Neillsville • Greenwood • Loyal

Memorial Medical Center

216 Sunset Place
Neillsville, WI 54456
www.mmccillsville.com
715-743-3101

Your Invitation to a Healthier Lifestyle

Diabetic Education Outpatient Program



*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

Our Goal

The goal of our Outpatient Diabetic Education Program is to help you learn to self-manage your diabetes, remain active, lead a healthy life, and reduce your risk of complications.

We provide tools needed to achieve this goal through an active partnership with you, your family, and Memorial Medical Center's interdisciplinary team.

A Program Just for You

Memorial Medical Center's Outpatient Diabetic Education Program is a comprehensive, individualized program consisting of:

- physician referral
- evaluation of needs
- determination of insurance coverage
- registered dietician & nurse educator
- follow-up care calls
- optional support group

Instructional sessions are held at Memorial Medical Center, Neillsville. Family members and significant others are encouraged to attend at no additional charge.

What Will You Learn?

During the educational sessions, you learn:

- what diabetes is and why it occurs.
- how to control your feelings of frustration and helplessness.
- how to monitor your blood glucose levels.
- nutrition tips for you and your family.
- what medications are used to treat diabetes.
- safe and enjoyable exercises for improving circulation, controlling blood glucose, boosting energy, and strengthening the heart.
- routine skin and foot care.
- complications and how to lower your risk of developing them.
- how to manage stress.

Memorial Medical Center
715-743-3101



**Together, through quality,
accessible care, a better community.**

Taking Charge

You are the most important team member.

Diabetes is serious no matter what type you have or how it is treated. The nerve, eye, and kidney problems associated with diabetes can happen to anyone who has it. However, through knowledge and self-management, you can do a lot to lower your risk for any of these problems.

Remember

We are members of your team, and our goal is to develop your personal diabetes management plan. By learning more about diet, exercise, medications, and prevention of complications, you will have the tools necessary to change your future.

Outpatient Diabetic Education
Set up an appointment with:
Linda Ollech, RN
Therese Mollinger Olson, RD
Linda Kysen, RD