

## DOMAIN 3: Person-centered Care and Education Across the Lifespan

*The diabetes care and education specialist partners with individuals to deliver care and education conducive to behavior change and improved quality of life for self-management of diabetes and cardiometabolic conditions across the lifespan.*

### ASSESSMENT

- 3.1 Assesses person's skills and knowledge level, education, health literacy/numeracy, culture, readiness to learn, preferred learning style and language, barriers to learning, financial barriers, confidence and skills with technology use, and support needs
- 3.2 Identifies appropriate community support for ongoing diabetes self-management
- 3.3 Evaluates person's interest and access to support network
- 3.4 Identifies technology tools that are well suited to person's preferences and plan of care to support an improved quality of life
- 3.5 Evaluates individual's physical and cognitive abilities to perform daily self-management activities and identifies tools including adaptive aids to facilitate effective self-management

### CARE DELIVERY FOR INDIVIDUAL

- 3.6 Provides evidence-based diabetes and cardiometabolic education to persons across the lifespan
- 3.7 Uses the AADE7 Self-Care Behaviors® as a framework to teach, reinforce, and evaluate self-management skills
- 3.8 Facilitates an individualized education plan focused on achieving and sustaining behavior change and improved quality of life
- 3.9 Develops effective age-specific services using principles of health literacy and numeracy, learning, and behavior change theories
- 3.10 Applies knowledge of technology and person's interest in and comfort with technology to select most appropriate tools
- 3.11 Addresses social determinants of health to facilitate quality care
- 3.12 Applies health behavior and learning theories to inform, motivate, and support the person throughout the lifespan
- 3.13 Facilitates individual problem-solving to overcome barriers to self-management
- 3.14 Adapts behavioral approaches to meet evolving needs of the person
- 3.15 Integrates the inclusion of a support network into person's care

### CARE DELIVERY FOR POPULATION

- 3.16 Demonstrates appropriate participatory teaching methods in delivery of education
- 3.17 Participates in care coordination including access to resources