

# **Prevent T2 For All at a Traumatic Brain Injury Service Organization**

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**A 1705 NADD Success Story**



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**

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**SUMMARY:** *The goal of the Westchester Independent Living Center's (WILC) "Prevent T2 For All" – an adaptation of the National Diabetes Prevention Program lifestyle change program – is to present the program to adults with a disability to lower their risk of type 2 diabetes. This initial and challenging group is a mix of ages and ethnicities, yet they share traumatic brain injury (TBI), and they are very supportive and patient with each other. The setting is a TBI service organization that offers day programs and support. Participants may have difficulty grasping some concepts and ask many questions, often checking on the coach's name and getting clarification on material. The lifestyle coach makes slow but steady progress, allocating 1.5-2 hours for the 1 hour program.*

**CHALLENGE:** Everyone in this class is different with different abilities. The lifestyle coach uses a large tent card placed in front of her to remind everyone of her name. As the group works through the session, the coach announces when she is reading from her script and when the group is using participant handouts. She was delighted when, at the fifth session, she asked for a volunteer to read the participant handout and volunteers read the material aloud. The group discusses the material and participants often can answer another participant's question regarding activity/exercise or food.

Weekly weigh-ins (recommended to be private) are an open topic of discussion. Several participants may need help to get on the scale and can keep their weight private.

The group reminds the coach if the curriculum contains suggestions that don't work for them. For example how to keep track of a weekly action plan if someone knows before-hand that it may be misplaced. The solution the group came to was to hang it on the refrigerator.

**SOLUTION:** As the group works through the sessions, the coach presents the material slowly, and it is discussed at length. There are concepts and sessions the coach will return to after the group finishes the initial required 16 sessions in order. For example, label reading and serving sizes were problematic for the group and needed additional time. The lifestyle coach also distributed measuring cups and spoons to the group to get them started. Activity goals may differ from other groups and may reflect a person's ability. Goals might be to walk to the mail box, to stretch in bed, to practice getting up using one's weak side or strengthening a hand.

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**RESULTS:** The group has settled on a routine. Weigh-ins occur as participants come in, so people don't have to get up once they are in their seat. If someone forgets to weigh-in, it's done at the end of class. The coach contrasts last week's weight with the current week. The participants open their binders and the coach inserts the participant handouts into the book. Their name tags are in their binders, and they set theirs out as does the coach. She tells the participants that she will be using the training guide first, and then, they begin the session reviewing last week's information and their activity and action plans. At the appropriate time, the coach asks them to turn to their binders and asks for a



volunteer to read a section. This is a comfortable routine that the group follows each week. Occasionally a person will attend, but finds it difficult to participate. The coach welcomes that person to gather what they can from the session and hopefully he/she will be fully present the following week.

**SUSTAINING SUCCESS:** This coach is in the process of promoting the program to area service organizations, clubs, senior groups, firefighters, healthcare workers, membership organizations, and the WILC/PILS staff to both start new groups and to spread the word. She recently was invited to the Putnam Hospital Center's Diabetes Support team meeting to discuss "Prevent T2 For All" and Agreement was reached to refer individuals to each other (WILC has received inquiries from people with diabetes and the hospital has received referrals for people with prediabetes). In September 2018, a weekday, introductory session was held to introduce people to the "Prevent T2 For All" concept.

**INVOLVEMENT IS KEY:** Westchester Independent Living Center (WILC) is a nonprofit, independent living center providing advocacy, information, and services to people with all types of disabilities. WILC is located in White Plains, Westchester County, NY. Putnam Independent Living Services (PILS) is their Putnam County satellite and this "Prevent T2 For All" program is based at PILS. For more information: Lonna Kelly presents the program and can be reached at (845) 228 – 7457, ext. 1110 or [lkelly@putnamils.org](mailto:lkelly@putnamils.org). Visit their website at [putnamils.org/diabetes-prevention-program/](http://putnamils.org/diabetes-prevention-program/) for program information, an eligibility questionnaire, Could You Have Prediabetes quiz, and a BMI calculator for adults.