

## **Diabetes Materials**

Launched in 2006 with funding from The Horizon Foundation for New Jersey, The Arc of New Jersey's Diabetes Awareness and Education Project has produced materials intended to educate individuals with developmental disabilities and their caregivers regarding important steps that can be taken toward the prevention and control of Diabetes, including changes in diet and exercise habits and regular monitoring by a health care professional.

The combination English/Spanish Diabetes booklet and an educational DVD, which includes a Spanish-language option, are available. These materials are a valuable resource for individuals with developmental disabilities, as well as those who support them, including families and guardians, group homes, day programs, health care providers, service organizations and government agencies.

You can order one free copy of each, or you can simply download the PDF booklet from our website (available in English and Spanish) and/or watch the video using the links on our website. There is no cost for the materials, but shipping charges will apply for orders greater than one booklet and/or one DVD.