

## Diabetes: A Family Matter Conversation Maps

### Brief Description:

A Conversation Map is a series of images and metaphors on a 3 feet by 5 feet tabletop display. It serves as a facilitation tool for healthcare professionals to use to engage groups of people in conversations around a healthcare topic such as diabetes, heart health, or obesity.



### Objectives:

1. Plan changes in decision-making and behaviors related to diabetes self-management.

### Participants:

Maps can be used with groups of 3 to 10 participants.

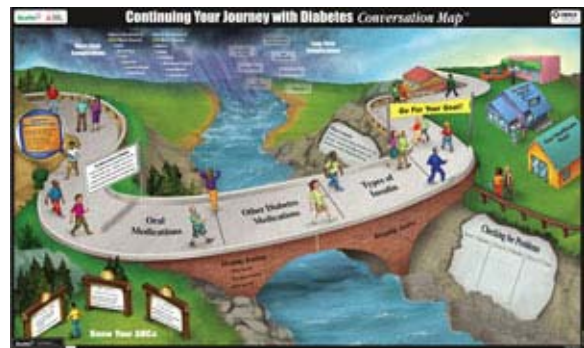
### Costs:

In order to obtain the maps you must attend a training session. Go to the online site listed below and sign up for a session near you or contact them and see when something will be near where you live.

### Activity Duration:

Varied amounts of time could be spent on the activities based upon ways the educator

decides to use the maps and the size of a group.



### Materials needed:

The maps and their associated materials can be obtained from

### The Maps:

The healthcare professional places the Conversation Map on a tabletop and sits around the table with patients. The healthcare professional uses the facilitator's guide to help navigate through the Conversation Map. The healthcare professional engages 3-10 patients in interactive activities that identify facts and

myths around the healthcare topic and uncover information on key topics related to the health condition. The facilitator uses the structured materials to guide the group conversation and engage participants in a process of exploration and learning.

An important aspect of the Conversation Map process is providing participants with a process by which they can plan changes in their decision-making and behaviors. Discussion cards go with the map and so in some ways it feels as if you are playing a game. The sessions are designed to be fun and interactive.

### **Final Word:**

If you are using **Conversation Maps** in your community and want to connect with others who also using them, please be sure to go to the *Diabetes: A Family Matter* website <[www.diabetesfamily.net](http://www.diabetesfamily.net)>. You can share with others what you are doing or have done. A place on the **Communicate Section** of the website will be available for you to share your ideas. If you have created a website that has information about your program or this event, please post the link to the website so that others can take a look.

### **Resources:**

#### **Healthyi**

<http://www.healthyi.com/conversation-maps.aspx>

You can go to this website to learn more about conversation maps and learn how to obtain copies if you do not already have them.