

The Hawai'i Demonstration to Maintain Independence and Employment "Live Healthy – Work Well" project is funded by the U.S. Centers for Medicare & Medicaid Services and is a joint endeavor between state and private industry, facilitated by the University of Hawai'i at Manoa – Center on Disability Studies. This community-based collaboration utilizes promising and emerging practices to identify and support persons, ages 18 to 62 years old, with diabetes, who were employed not less than 40 hours per month at Federal minimum wage or an acceptable equivalent at time of enrollment. The Project is addressing the question: Can a program of medical assistance and other supports forestall or prevent the loss of employment and independence due to a potentially disabling and medically determinable condition? Specifically, the project developed and implemented a comprehensive community-based employment and health maintenance effort for individuals with diabetes who are at risk of becoming disabled (i.e., unemployed).

The Project recruited 178 participants and used a Randomized Controlled Trial design to assign one-third of participants into a control group and two thirds into a treatment group. The control group did not receive any intervention services, supports, or effects other than those considered usual care for which they are eligible through standard practices. The treatment group received two main interventions: pharmacist counseling (based on the Diabetes Ten City Challenge model) and life coaching, a new non-directive participant-based goal-setting approach which represents a paradigm shift in diabetes self-management education.

Treatment intervention ends September 2009 with a post-exposure study that will continue through March 2010. The poster presentation will provide an overview of the project and details about a new Life Coaching model. We will describe how the project will be evaluated and what some possible implications of our findings might be at the local and national levels.