

GETTING HELP!



After the Pacific Diabetes Today (PDT) training, the Pacific Diabetes Today Resource Center (PDTRC) will continue to be involved with your community efforts by providing **Technical Assistance and Follow-up Support (TA)**.

What is technical assistance and follow-up support?

Technical assistance and follow-up support is help and support from the Pacific Diabetes Today Resource Center (PDTRC) to community groups (like yours) who are using the skills learned at the Pacific Diabetes Today (PDT) training to plan and start a diabetes prevention program. TA may also include extra training to add to or strengthen skills learned at the PDT training.

What types of technical assistance and follow-up support can PDTRC provide?

1. **Community Assessment**: PDTRC can help your group to gather, review and organize information on your community resources, strengths, assets, weaknesses, limitations and constraints.
 - Link your group with local, national, and/or international sources of data.
 - Provide opportunities to learn new data collection skills and/or improve existing skills.
 - Organize a list of community assets and resources.

2. **Program Planning**: PDTRC can help your planning group to identify and prioritize problems, and set goals, objectives and activities.
 - Provide community members like you with opportunities to learn and improve planning skills, like writing goals and objectives.
 - Link your community with local, regional, national and/or international sources that will assist with program planning and set-up.

3. **Program Monitoring and Evaluation**: PDTRC can help your group keep track of your program's progress and activities.
 - Provide tools to measure the success of each activity.
 - Provide follow-up phone calls and site visits to examine current progress and offer suggestions.

4. **Marketing/Media**: PDTRC can assist your group with the promotion & advertising of your program.
 - Provide assistance to write and publish materials (public service announcements, newsletters, posters, etc.).
 - Link groups with resources to promote and advertise your programs.
 - Provide program updates in the TA bulletin.






5. **Communication**: PDTRC can also help your group with networking and linkages to others.
 - E-mail
 - Newsletter
 - Website forum
 - Videoconferencing

6. **Grant & Funding Sources**: PDTRC can assist your group to find and obtain grants and funding sources.
 - Organize a grant and funding source list.
 - Link your group to grant-writing workshops and resources.

7. **Policy Research & Analysis**: PDTRC can assist groups to develop policy recommendations based on experience and research to address diabetes prevention and control.
 - Policy research assistance.
 - Assist with drafting policy recommendations.

How can we get TA?

Any person who is involved in the PDT training (site coordinator, co-facilitator, and participant) or those who are involved in planning or implementing a diabetes program can request this service. Please see below for contact information.

	Honolulu Office	Pohnpei Office
 Telephone	(808) 597-6555	(691) 320-2328
 Fax	(808) 597-6552	(691) 320-2305
 Email	naitaoto@hotmail.com	mhrdc@mail.fm
 Website	www.pdtrc.org	www.pdtrc.org
 Mail	894 Queen Street, 2 nd floor Honolulu HI 96813	P.O. Box 1298 Kolonias, Pohnpei FSM 96941

Technical Assistance and Follow-up Support - Examples

After the June 2000 Pacific Diabetes Today training in American Samoa, the American Samoa Diabetes Association (ASDA) requested and received technical assistance from PDTRC.

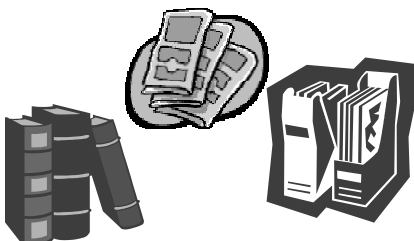
TA requested: ASDA requested assistance in applying for a 501(c)(3) non-profit status so they could apply for and receive grant funds.

TA provided: Simeni Liu, ASDA President, and Sharon Liu visited Hawaii and worked with Hardy Spoehr, Papa Ola Lōkahi's Executive Director and PDTRC Advisory Council Member to complete and submit their 501(c)(3) application.



Sharon Liu (ASDA), Hardy Spoehr (Executive Director, Papa Ola Lokahi) and Simeni Liu (President, ASDA) working on the ASDA 501(c)(3) application.

Update: The American Samoa Diabetes Association received their 501 (c)(3) non-profit status.



TA requested: ASDA was working on establishing a Diabetes Center and they requested educational materials.

TA provided: PDTRC linked ASDA with the Hawaii Chapter of the American Diabetes Association. During the Liu's visit to Hawaii, PDTRC personnel accompanied them to the ADA-Hawaii office and resource library where they collected various materials (brochures, pamphlets, etc).

Update: ASDA secured a temporary office space and is currently in operation.