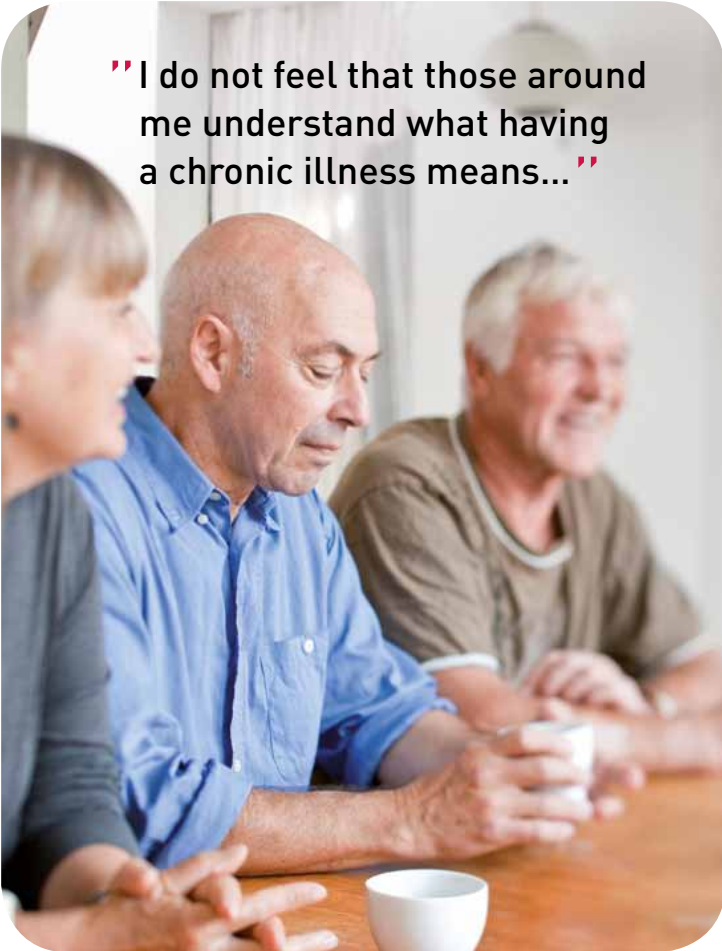
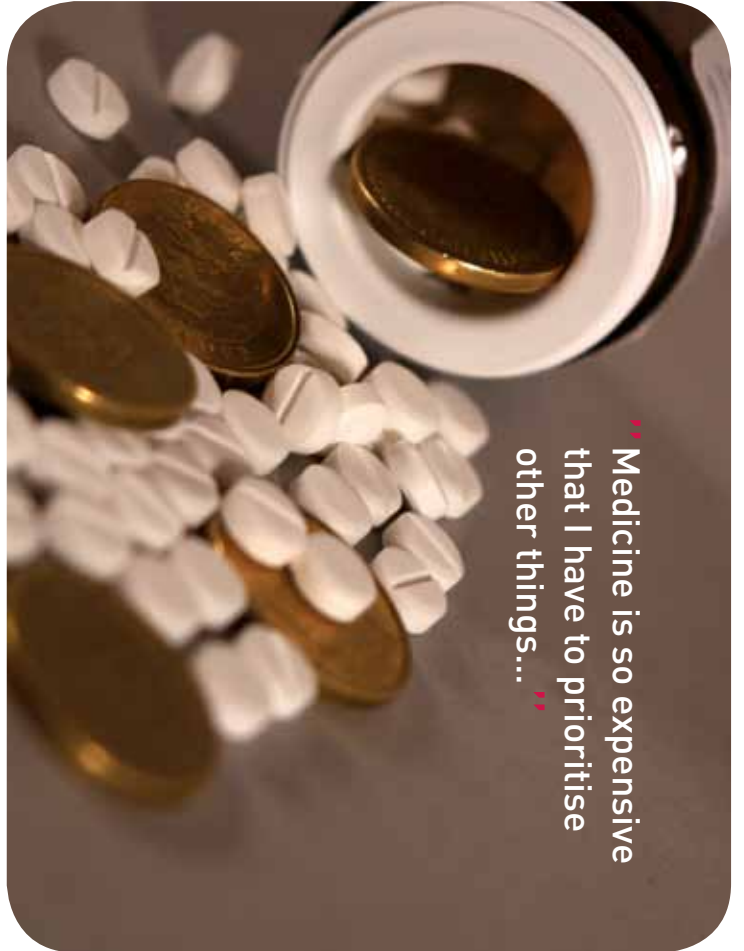


"I do not feel that those around me understand what having a chronic illness means..."



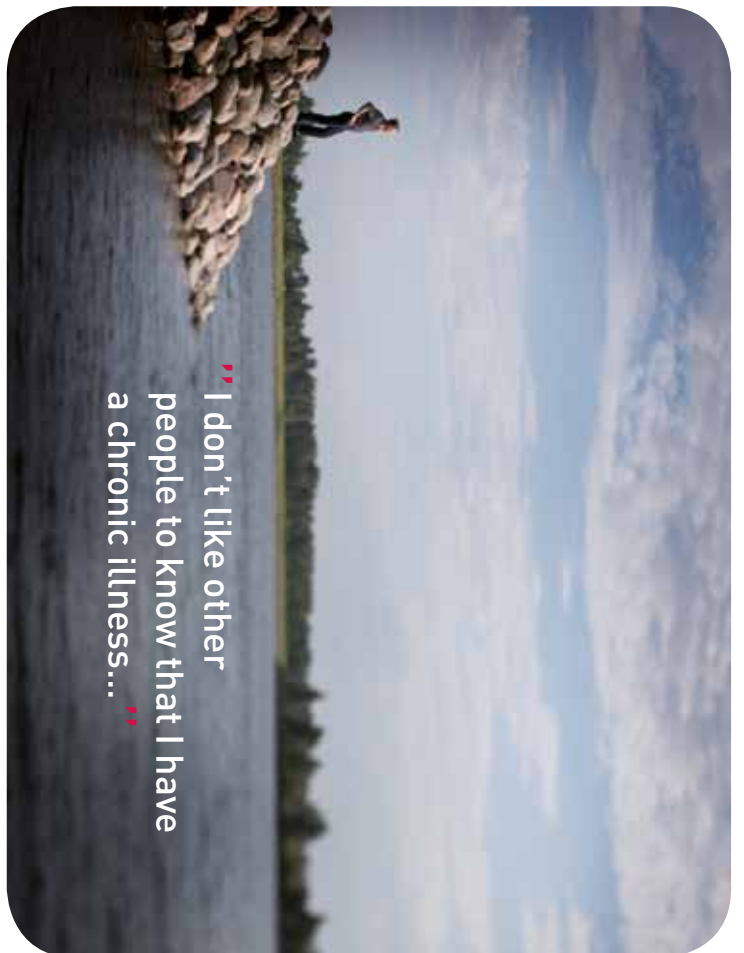
"Medicine is so expensive that I have to prioritise other things..."



"I often feel so busy that I forget to take my medicine or to fetch it from the pharmacy..."



"I don't like other people to know that I have a chronic illness..."



MY CHALLENGES



MY CHALLENGES

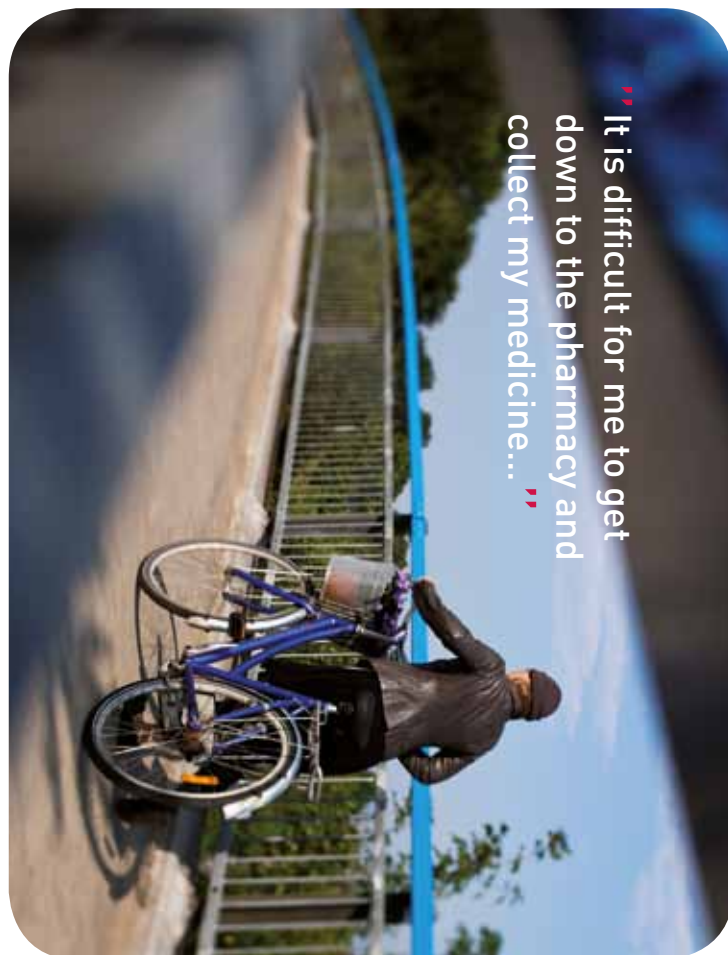
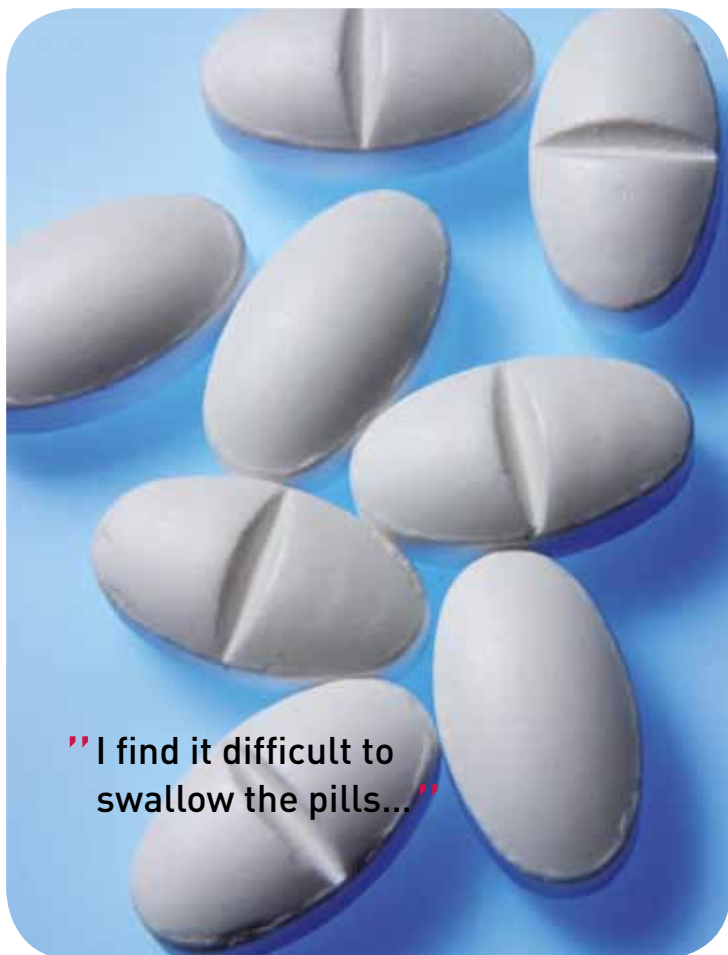
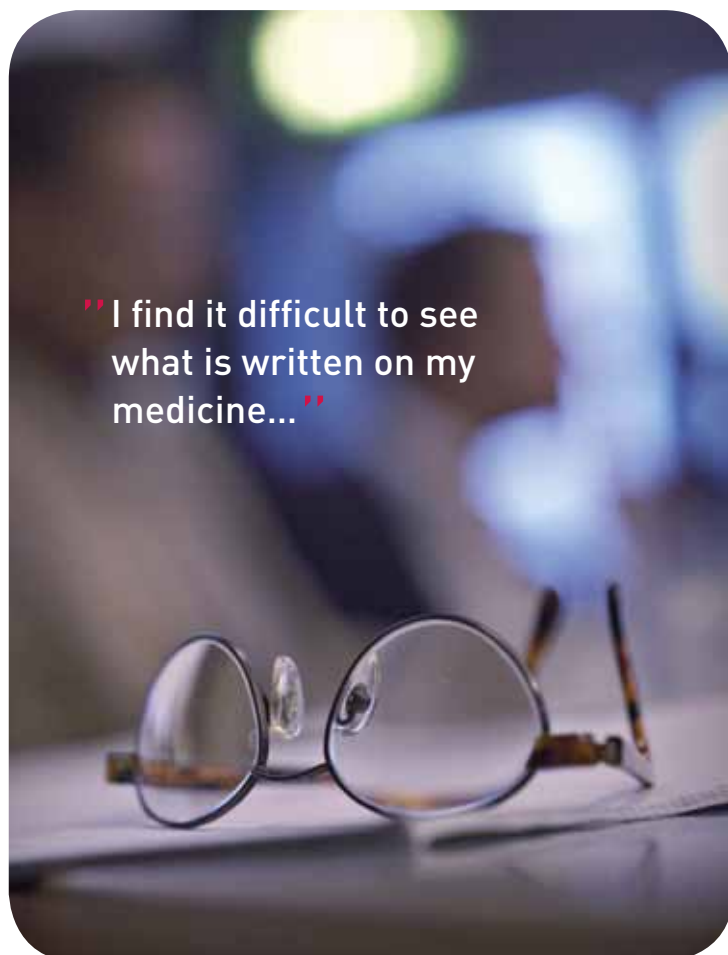


MY CHALLENGES



MY CHALLENGES





MY CHALLENGES



MY CHALLENGES

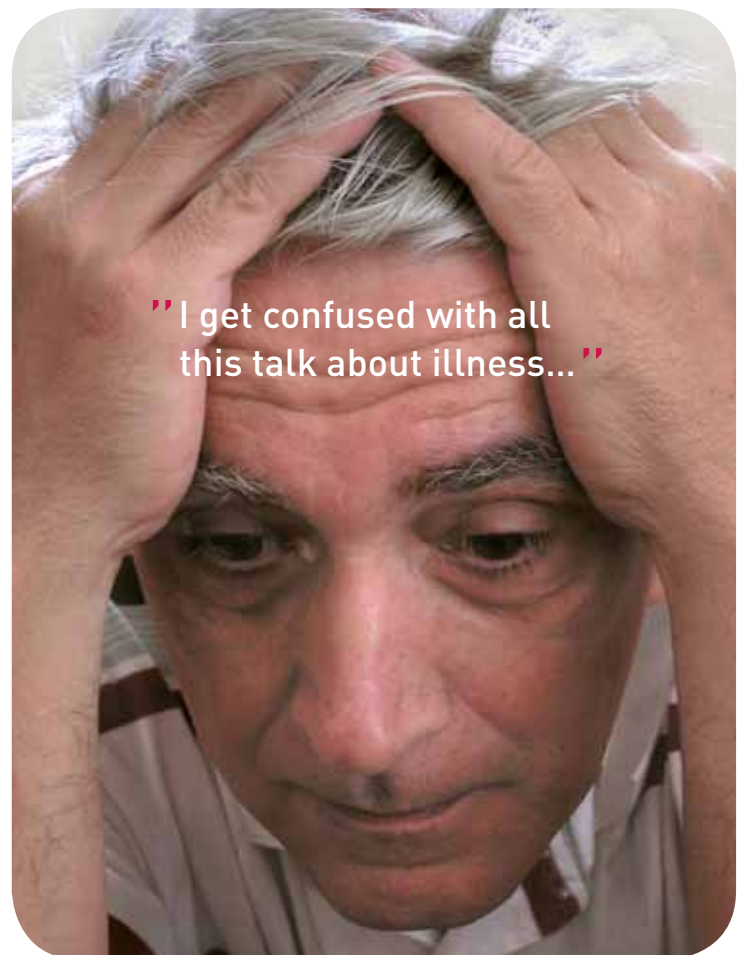
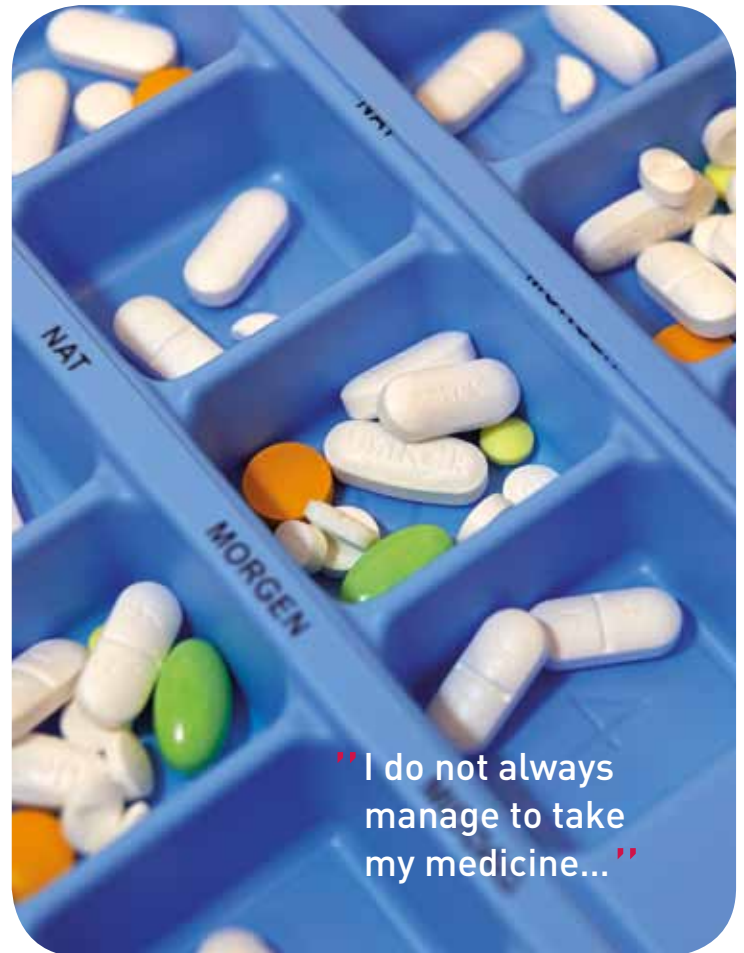
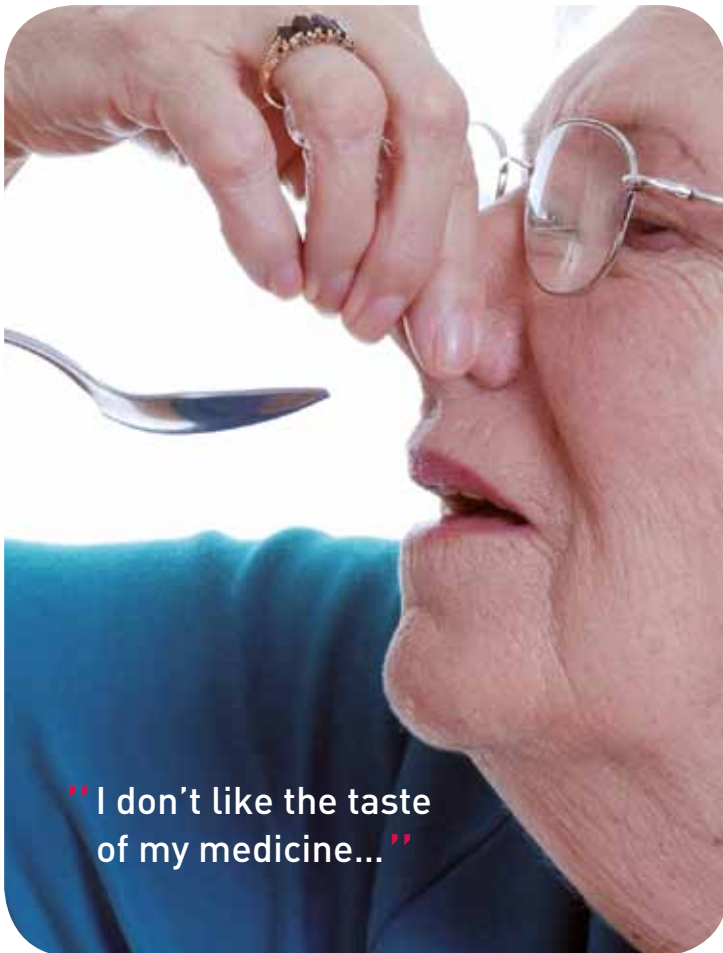


MY CHALLENGES



MY CHALLENGES





MY CHALLENGES



MY CHALLENGES

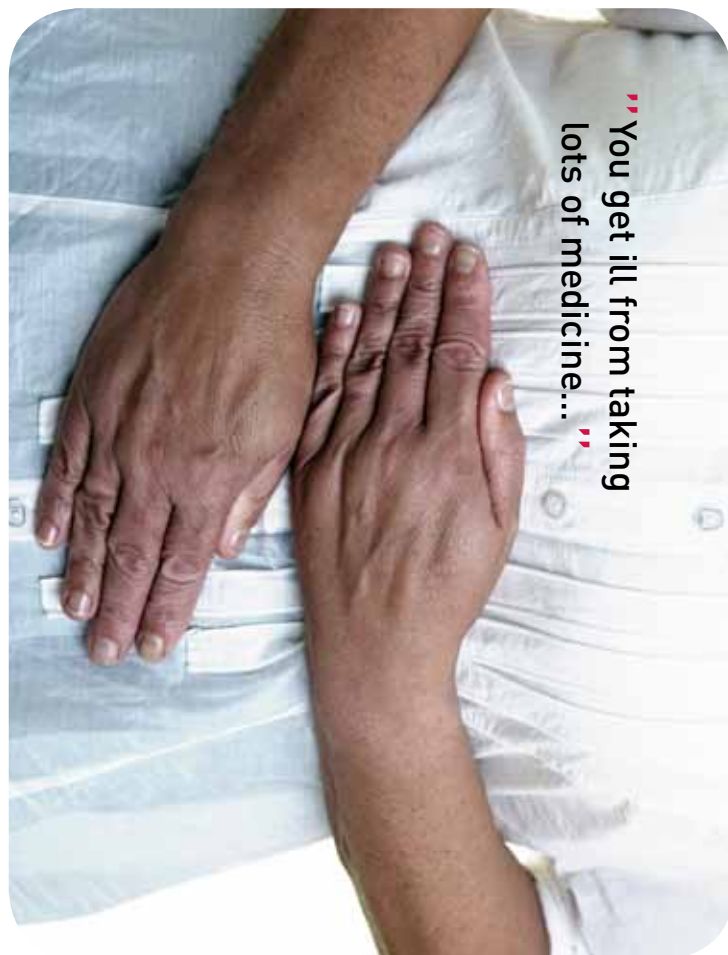
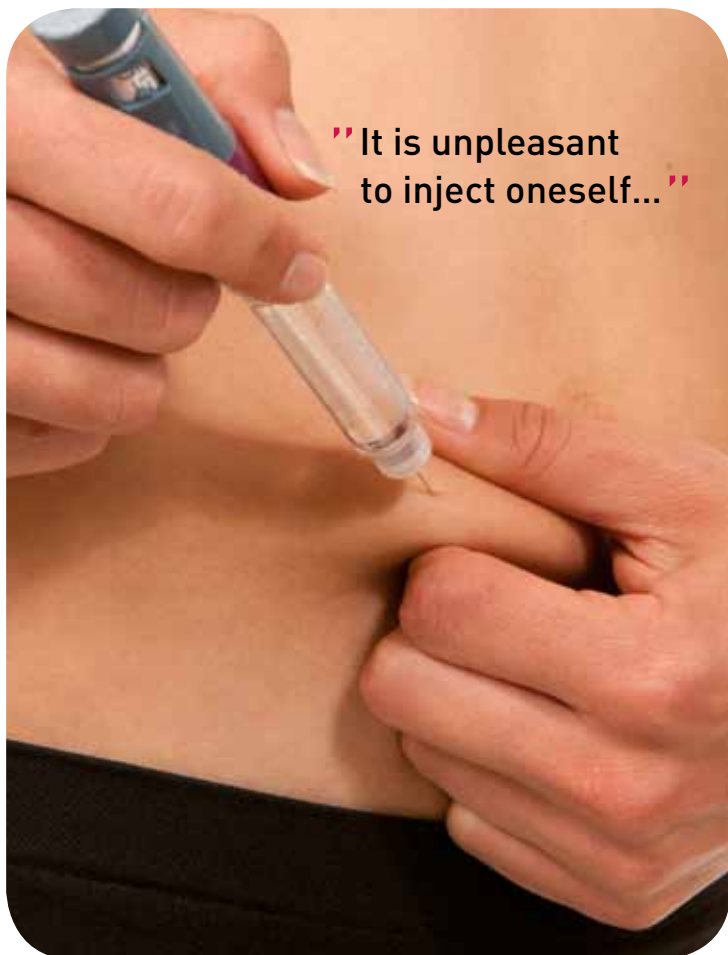
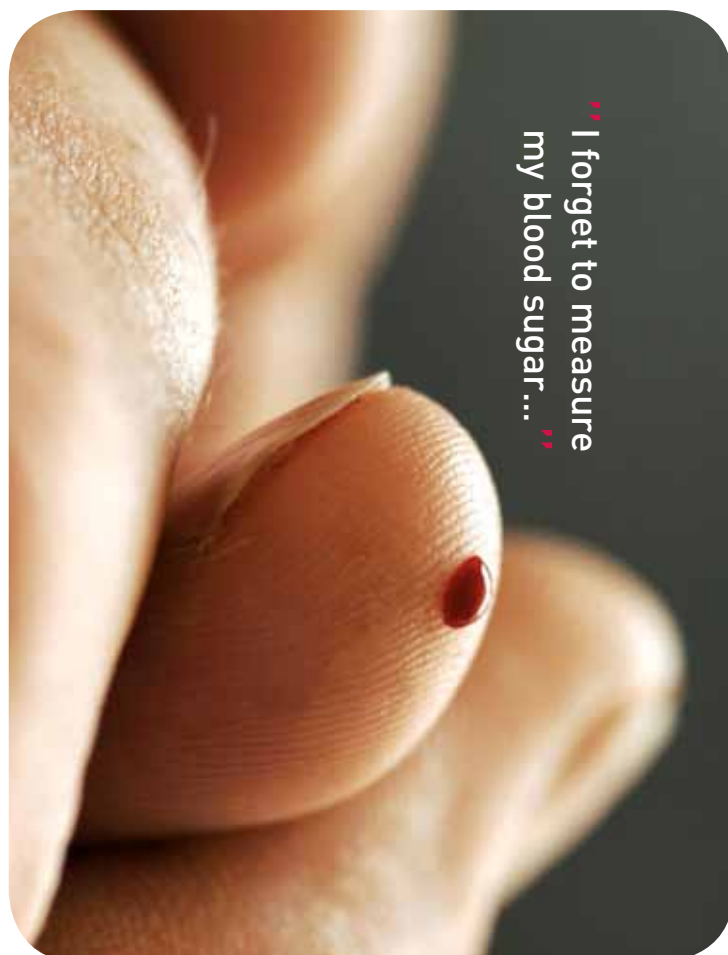


MY CHALLENGES



MY CHALLENGES





MY CHALLENGES



MY CHALLENGES

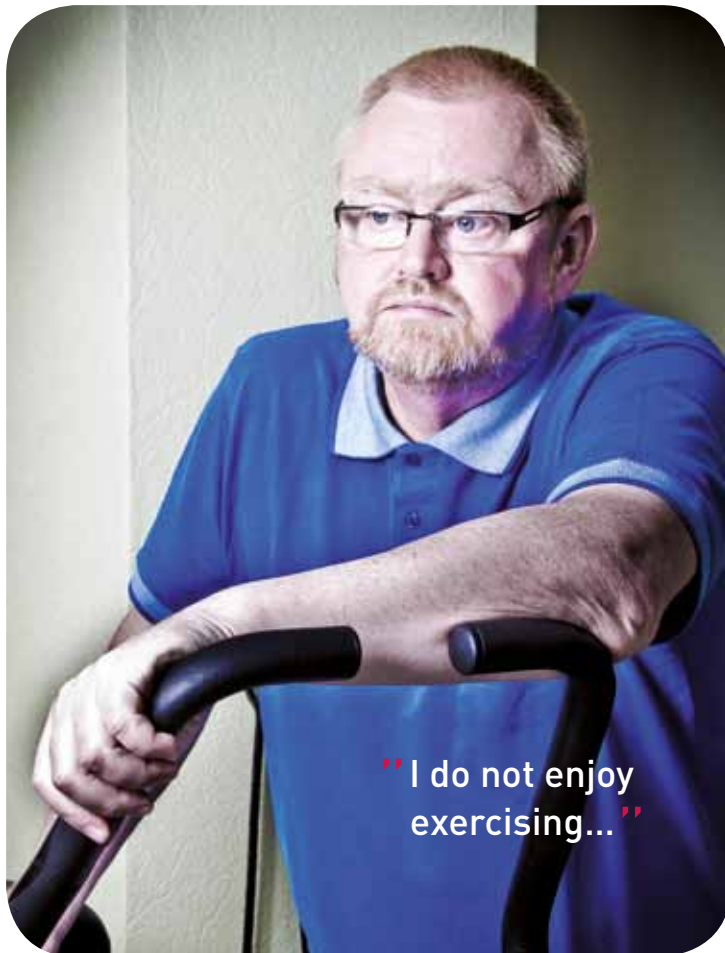


MY CHALLENGES

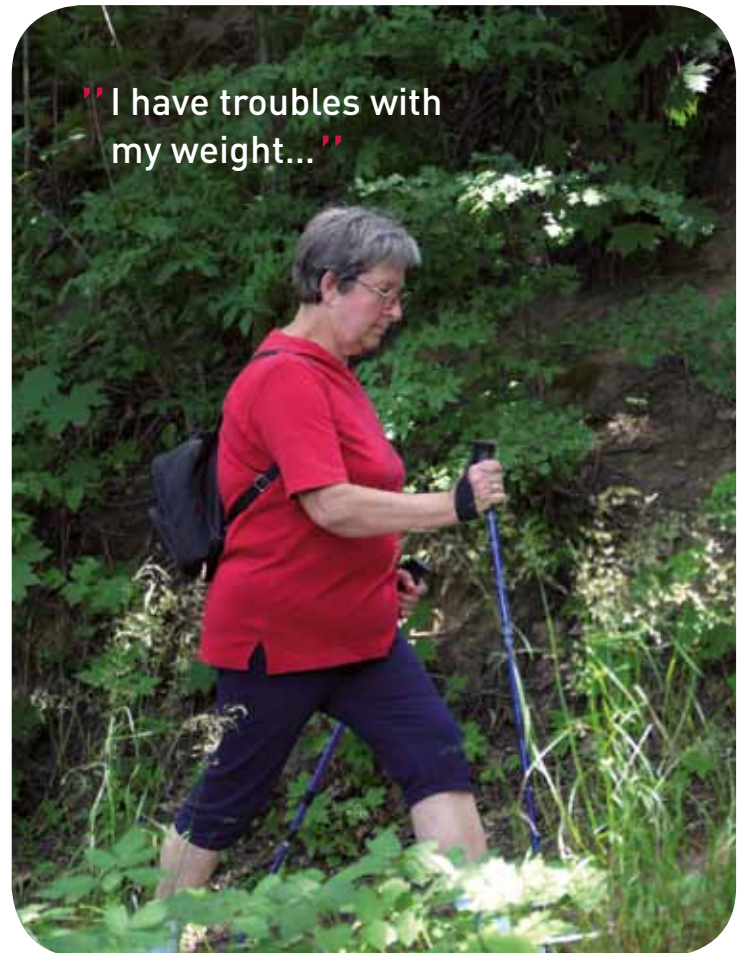


MY CHALLENGES





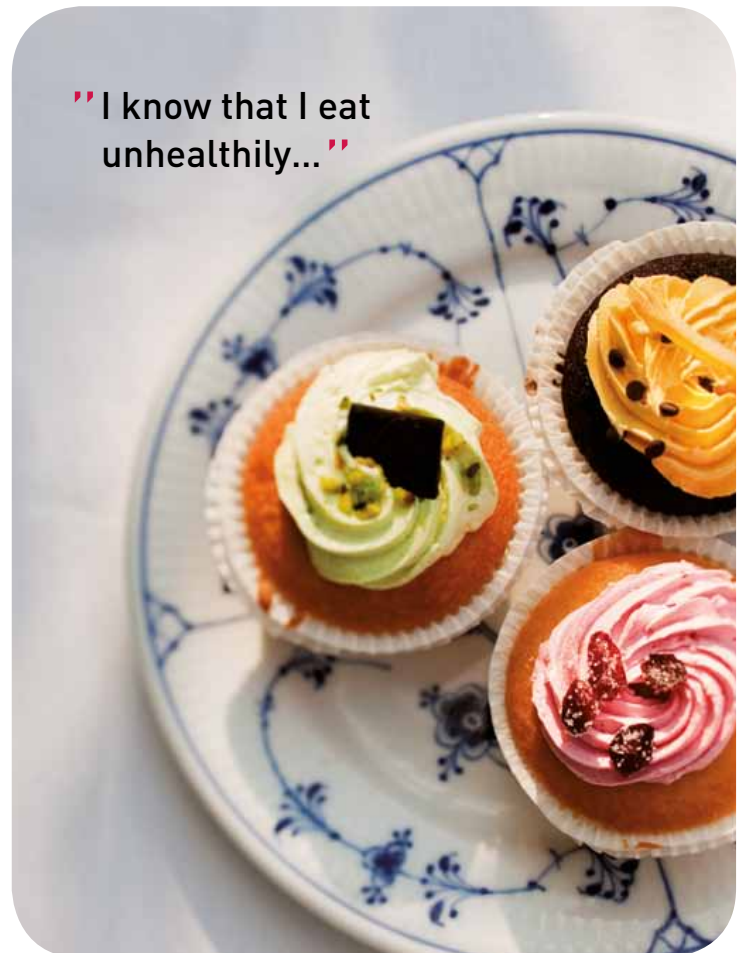
"I do not enjoy exercising..."



"I have troubles with my weight..."



"I think too much about what I am allowed to eat..."



"I know that I eat unhealthily..."

MY CHALLENGES



MY CHALLENGES

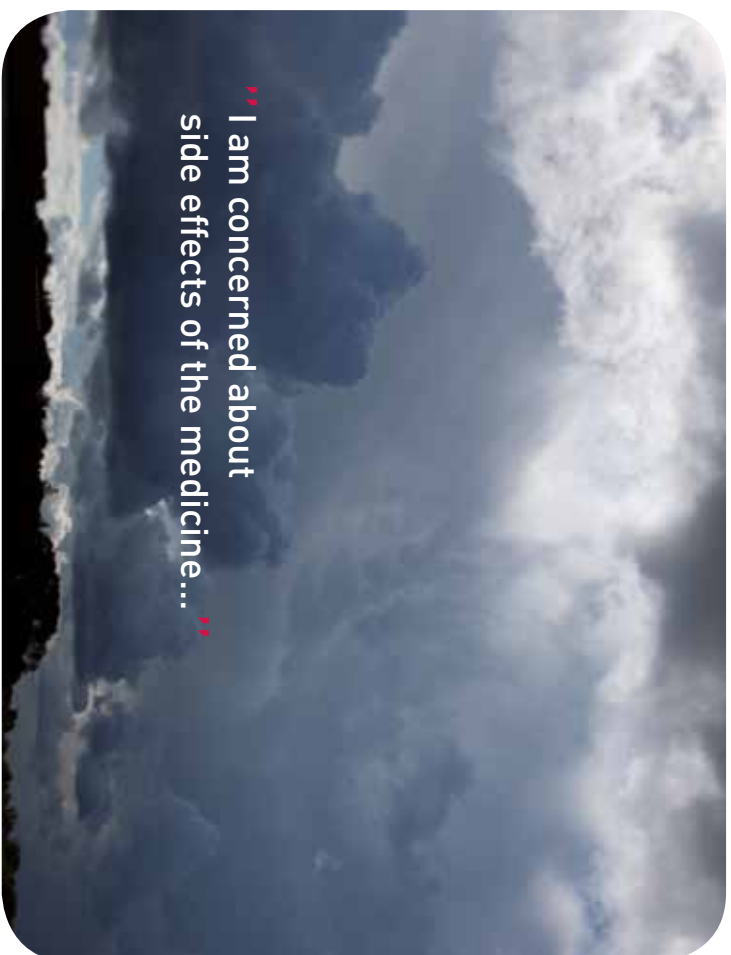


MY CHALLENGES

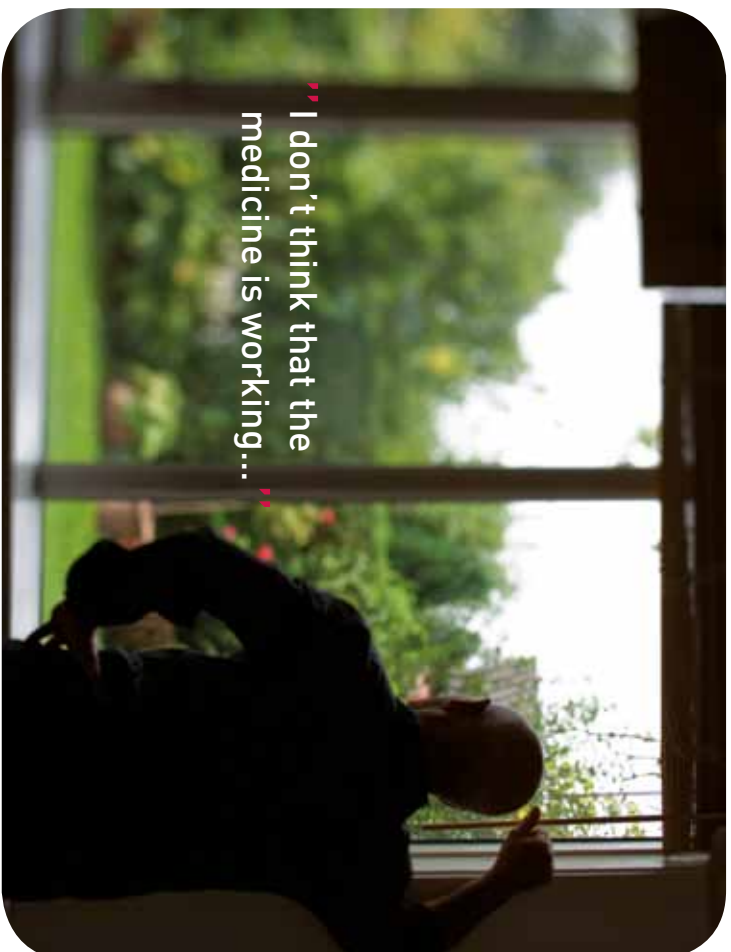


MY CHALLENGES

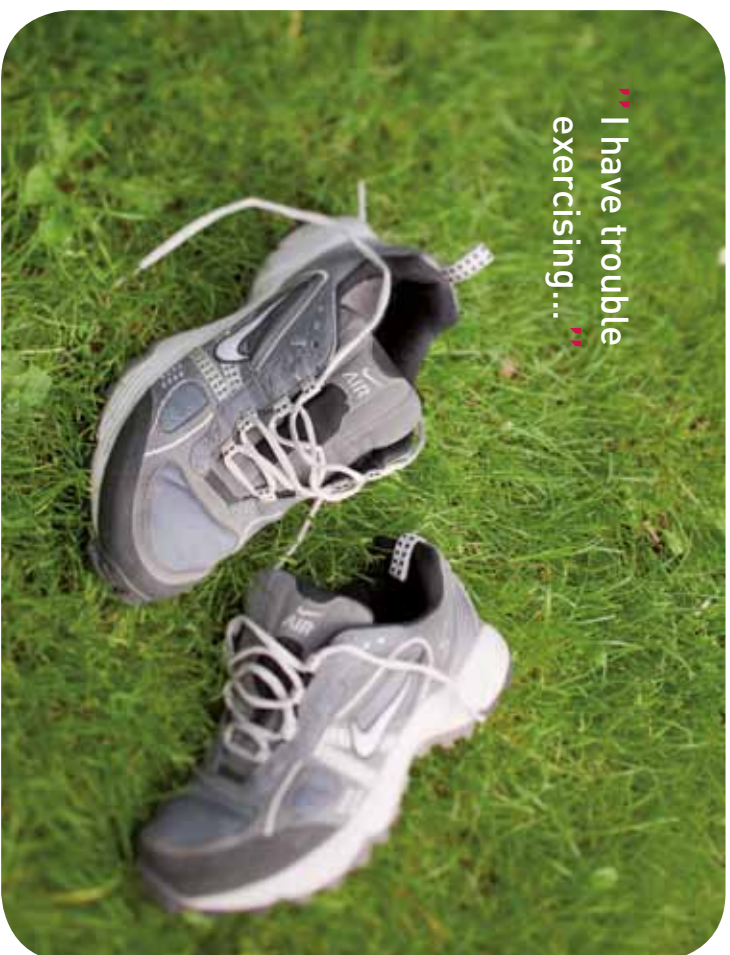




“ I am concerned about side effects of the medicine...”



“ I don't think that the medicine is working...”



“ I have trouble exercising...”



“ I am not sure whether it is good to take so much medicine at one time...”

MY CHALLENGES



MY CHALLENGES

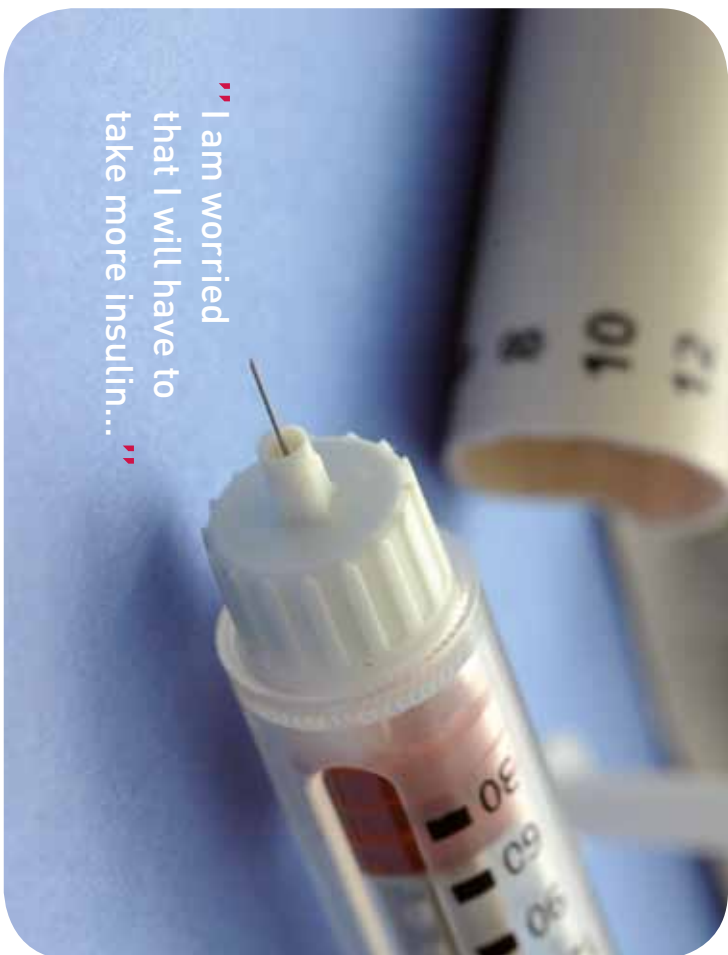
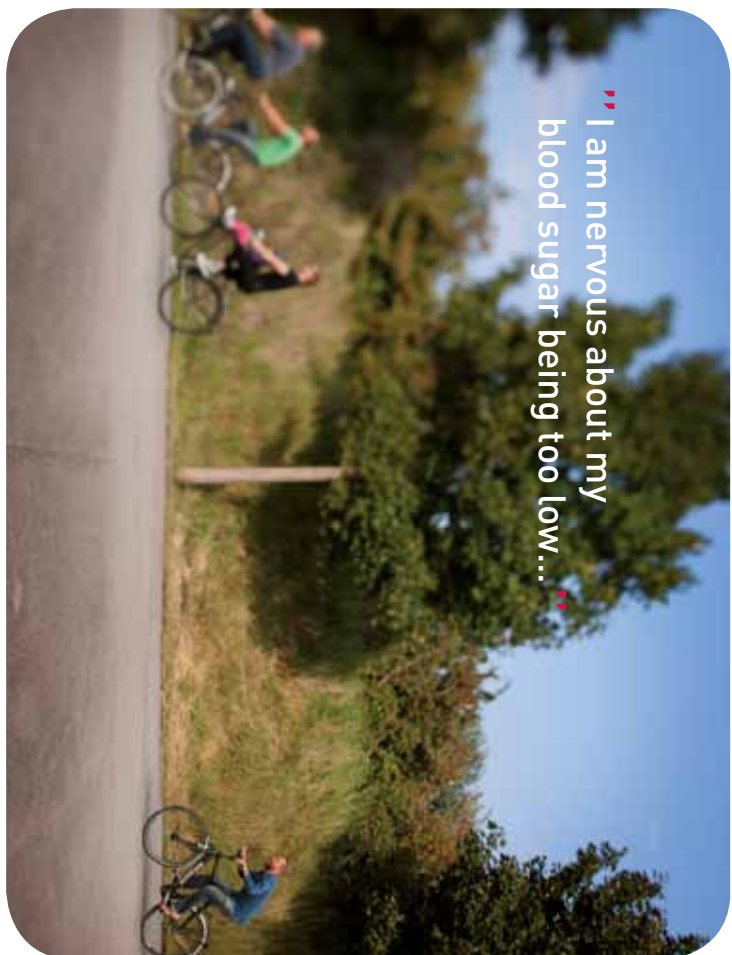


MY CHALLENGES



MY CHALLENGES





MY CHALLENGES



MY CHALLENGES

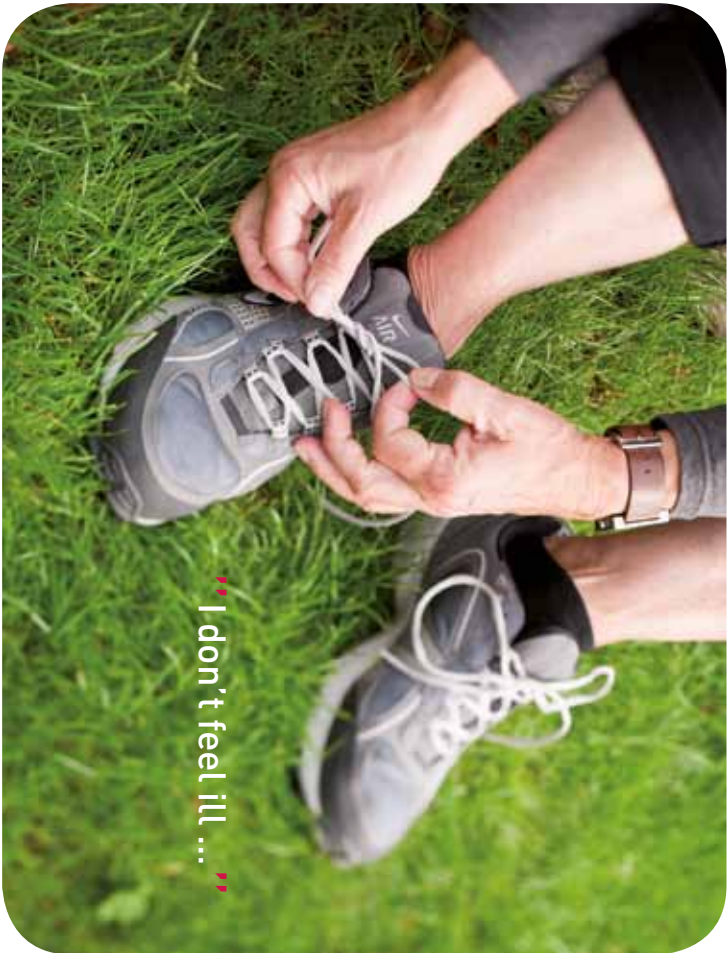
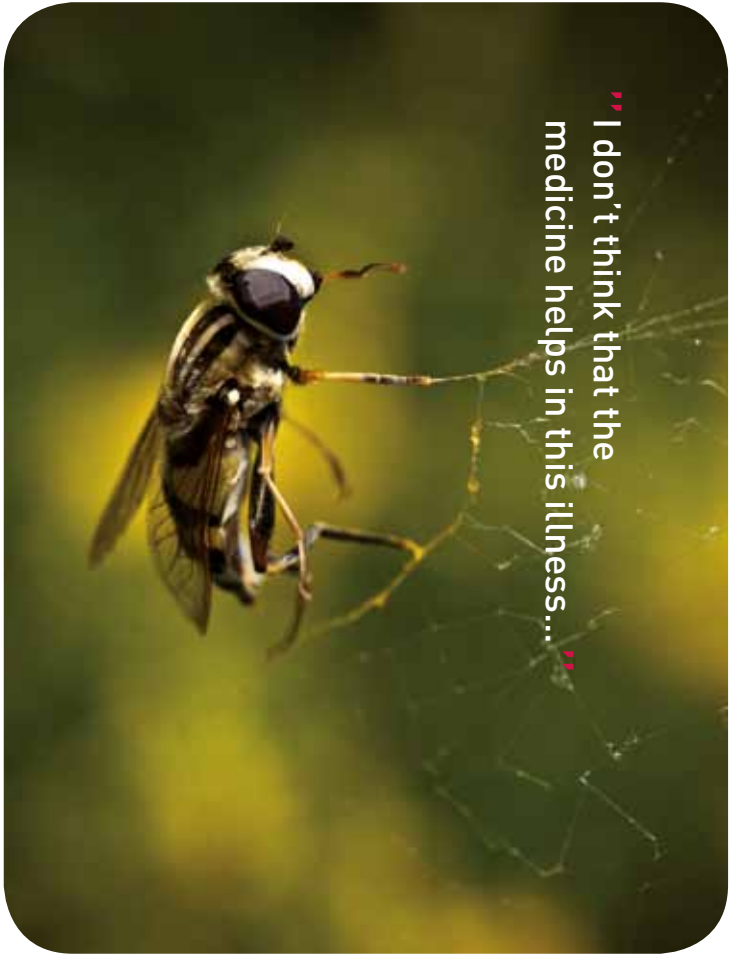


MY CHALLENGES



MY CHALLENGES





MY CHALLENGES



MY CHALLENGES



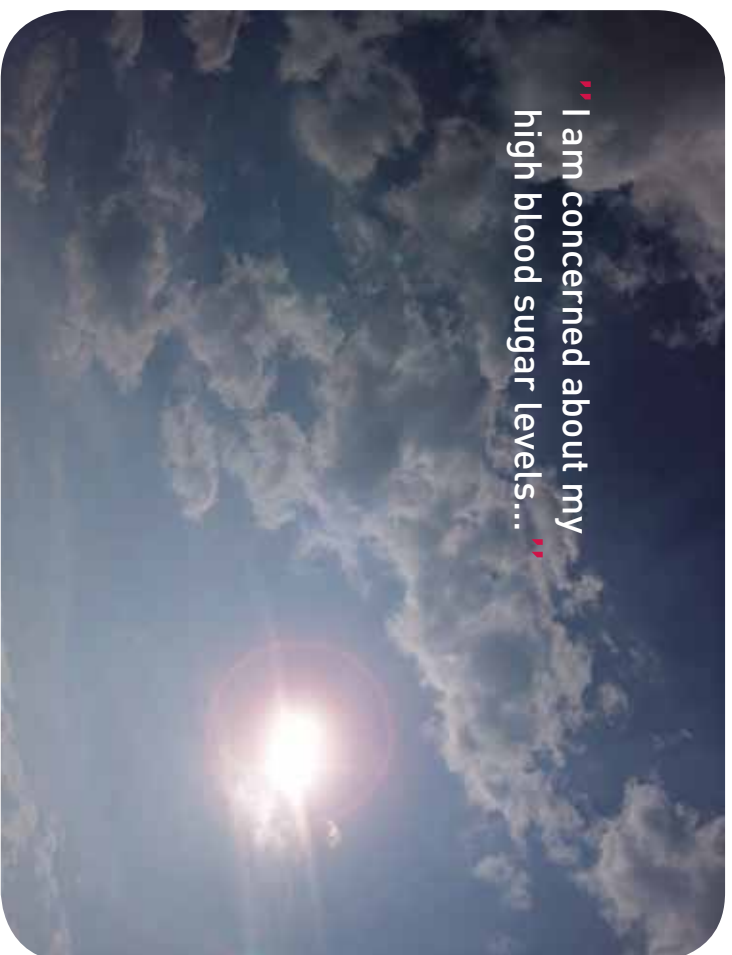
MY CHALLENGES



MY CHALLENGES



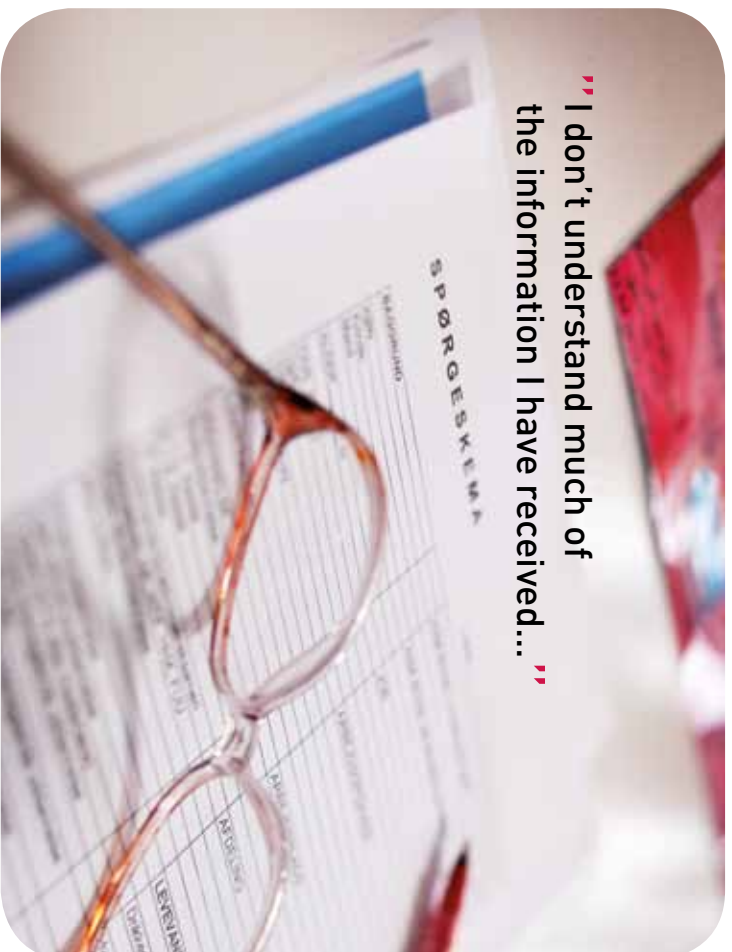
“I am concerned about my high blood sugar levels...”



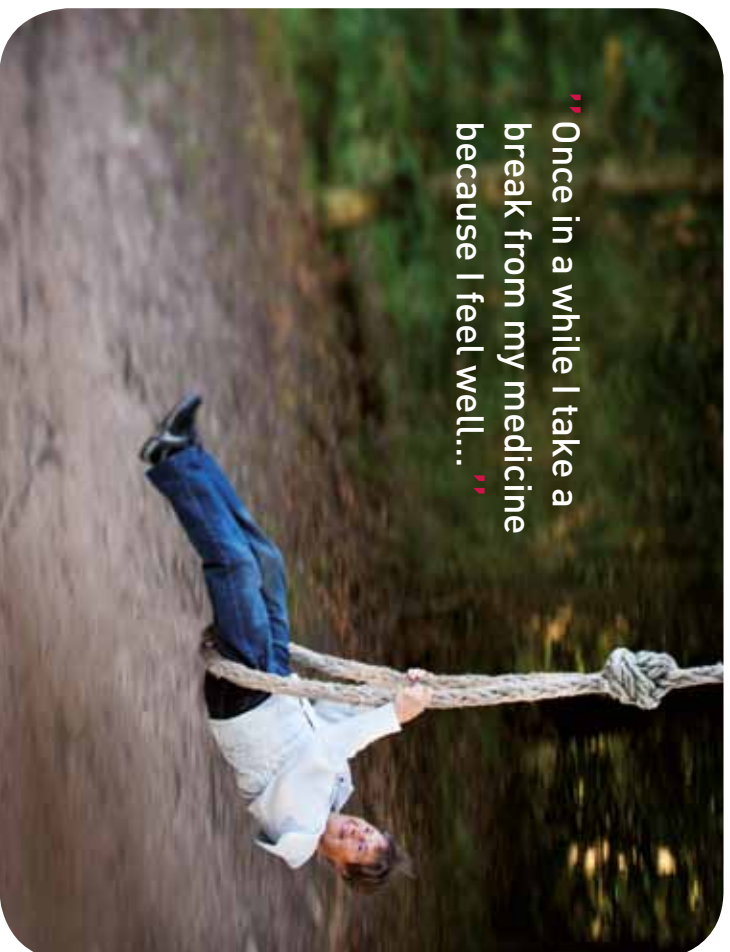
“I am worried about complications and other illnesses caused by having diabetes...”



“I don't understand much of the information I have received...”



“Once in a while I take a break from my medicine because I feel well...”



MY CHALLENGES



MY CHALLENGES



MY CHALLENGES



MY CHALLENGES

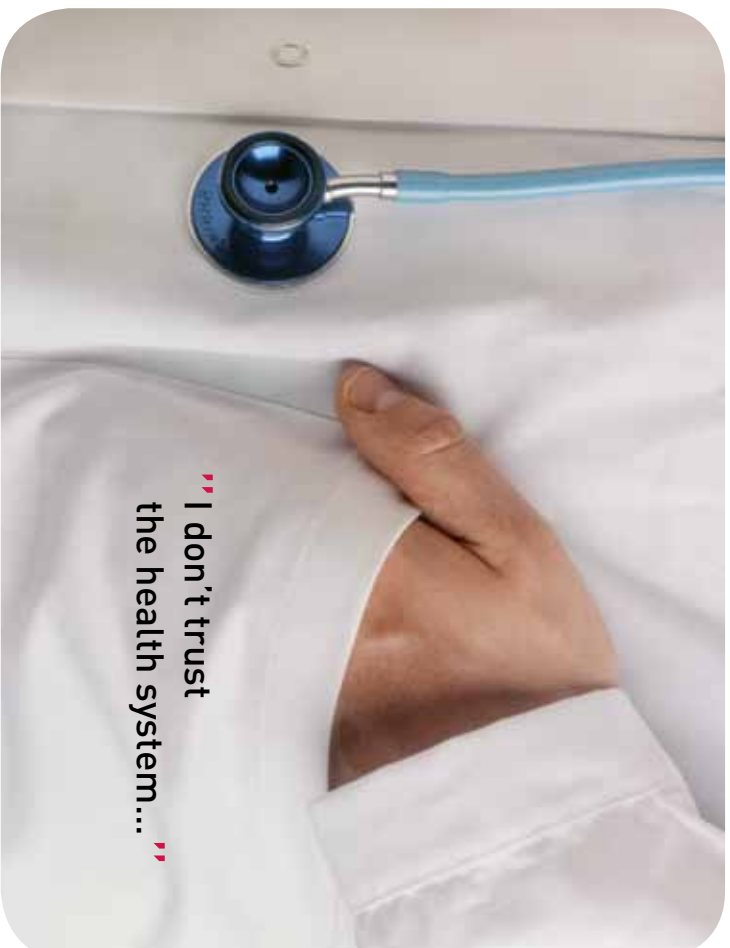




“I don't think that the things the doctor talks about, are important for me...”



“The various health care professionals don't agree on what treatment I should be having...”



“I don't trust the health system...”



“I can't communicate well with my doctor...”

MY CHALLENGES



MY CHALLENGES



MY CHALLENGES



MY CHALLENGES



I DO NOT
AGREE

I AGREE

TASK CARD

“I have challenges with...”

MY CHALLENGES



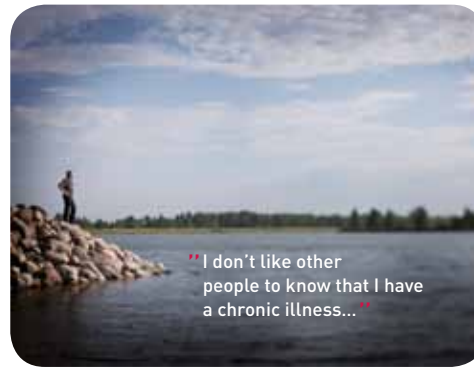
MY CHALLENGES

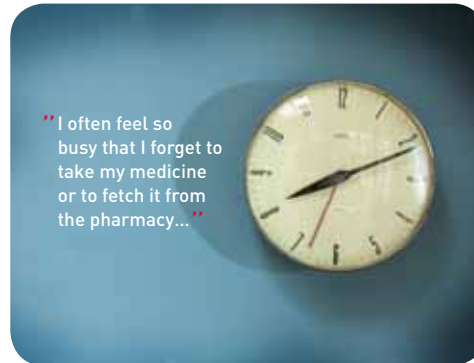


MY CHALLENGES

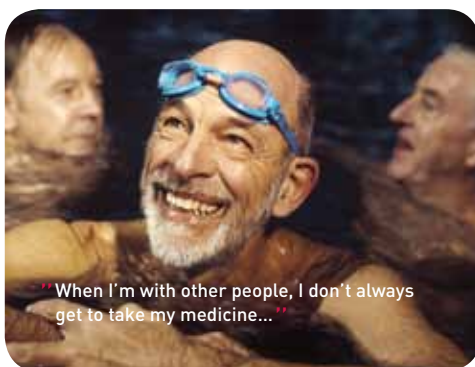
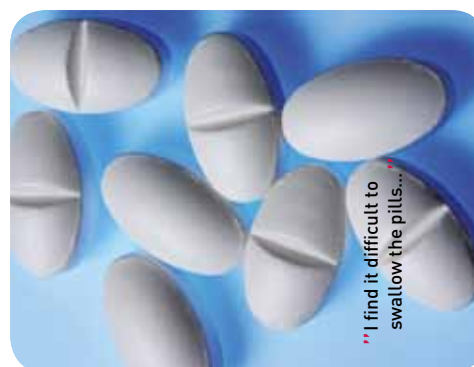


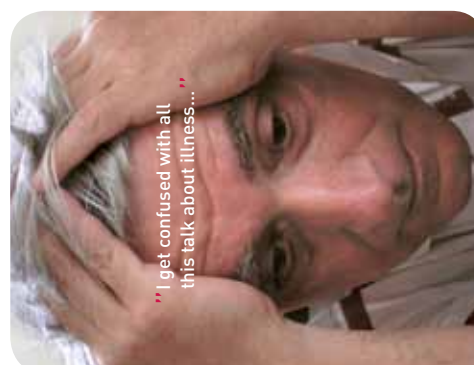
TICK BOX SHEET FOR MY CHALLENGES


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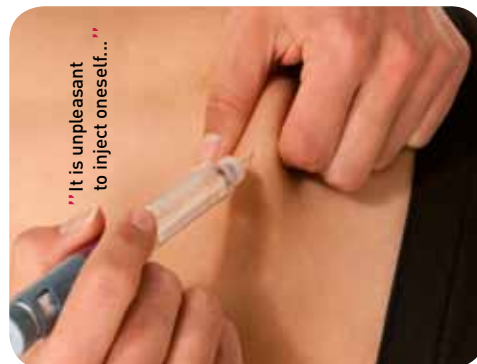
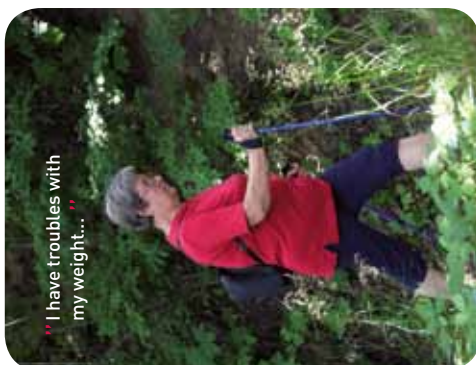
TICK BOX SHEET FOR MY CHALLENGES


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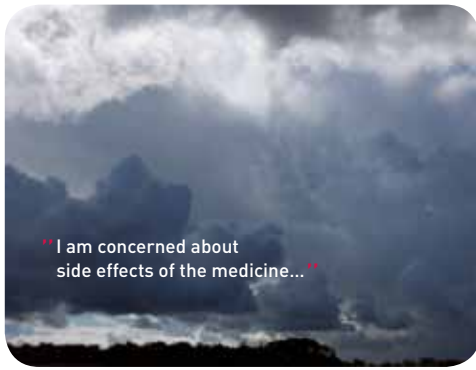
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TICK BOX SHEET FOR MY CHALLENGES



"I am concerned about side effects of the medicine..."

☐

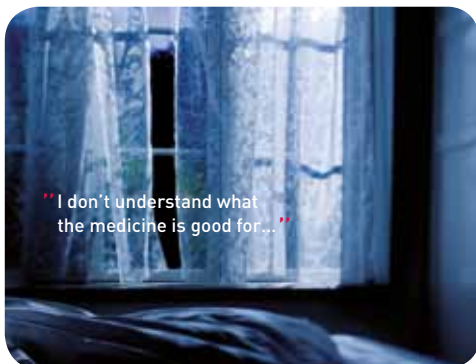

"I don't think that the medicine is working..."

☐

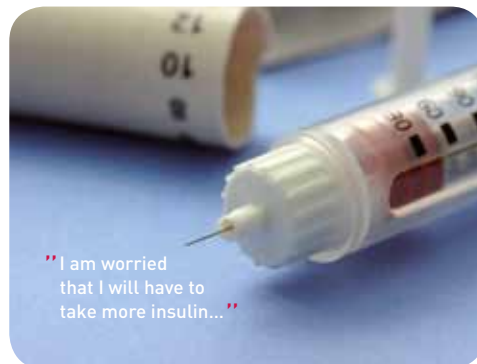

"I have trouble exercising..."

☐


"I am not sure whether it is good to take so much medicine at one time..."

☐


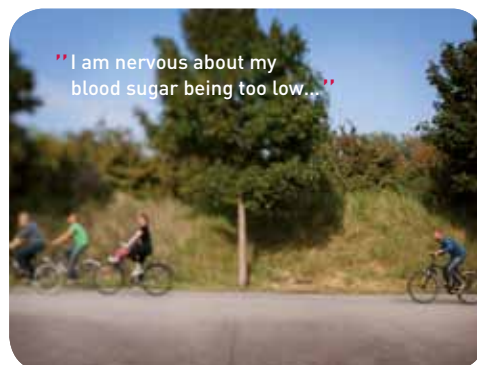
"I don't understand what the medicine is good for..."

☐


"I am worried that I will have to take more insulin..."

☐


"Once in a while I get the various pills mixed up or I can't remember if I have taken them..."

☐


"I am nervous about my blood sugar being too low..."

☐

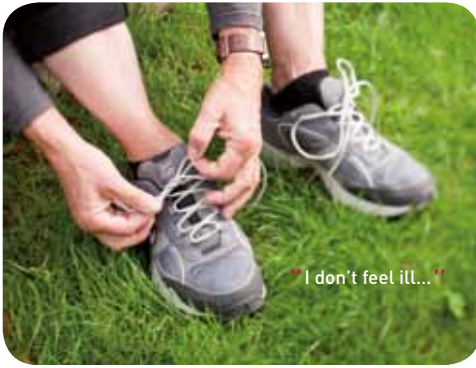

"I don't understand why I have to take medicine when I am well..."

☐


"I don't think that the medicine helps in this illness..."

☐

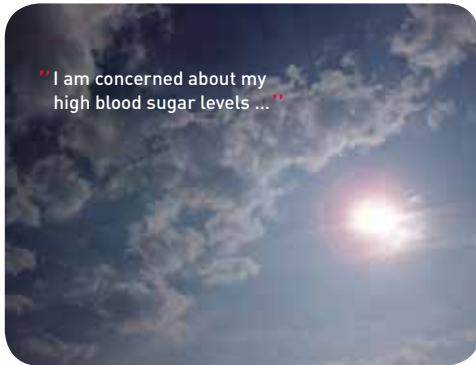
TICK BOX SHEET FOR MY CHALLENGES



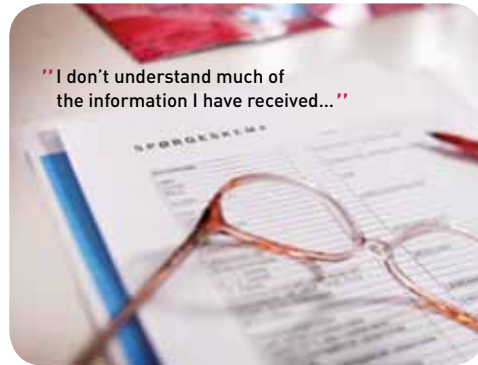
"I don't feel ill..."

☐


"I don't need medicine now..."

☐


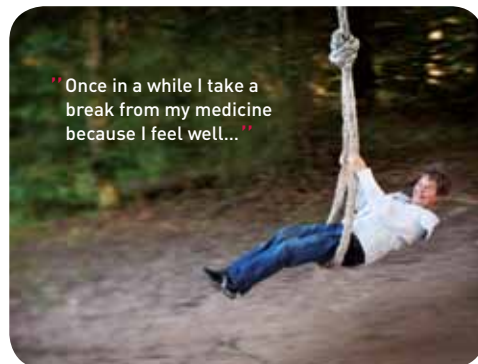
"I am concerned about my high blood sugar levels ..."

☐


"I don't understand much of the information I have received..."

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"I am worried about complications and other illnesses caused by having diabetes..."

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"Once in a while I take a break from my medicine because I feel well..."

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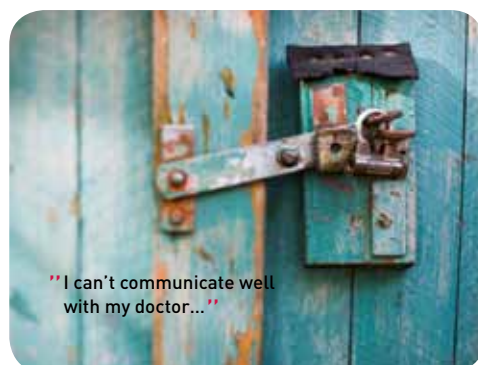

"I don't think that the things the doctor talks about, are important for me..."

☐


"I don't trust the health system..."

☐


"The various health care professionals don't agree on what treatment I should be having..."

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"I can't communicate well with my doctor..."

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