

Sharing Your Story

The 3D Collaborative is a group of doctors, nurses, diabetes educators, patients, caregivers and community members who meet regularly to learn how to better meet the needs of our patients with diabetes. There are about 60 people in the audience. We would like you to let us into your world and share what is working and what can be improved in your diabetes care from your perspective. Listening to your story will help us do our jobs better, particularly when we care for African patients with diabetes.

You will be one of 3 Africans we have invited to speak and you will have 20 minutes to share and answer questions. Here is the meeting information:

Date: Wednesday, December 4th from 10:30 – 11:30 am

Location: Wilder Center, 451 Lexington Parkway North, St. Paul

Please think about what you are willing to share, what may be too private to share, what your family would want you to share, and about how your story can help teach others. Please plan ahead for what you will share and how you will share it. Your story is a precious resource, use it thoughtfully and wisely. We will do all we can to make you feel safe, we will not judge you in any way. We want to learn from you so we can be better at our jobs and in our interactions with you.

When you think about your story, please keep these questions in mind:

1. What would you like to see changed in your conversations with your care team to feel more heard and listened to as a patient living with diabetes?
2. Discuss how being an immigrant/refugee has impacted your interactions with clinics and hospitals (if this applies to your situation).
3. Please share one example from a recent office experience that went well and felt good to you.
4. Please share one example that could have been better or improved.
5. If you could make one change in the care you received, what would it be?

The audience may ask you questions, please know this may happen and be ready for it.

Thank you for agreeing to share your story with us.