

# Opportunity To Participate In A Research Project To Help Develop a Person Centered Approach to Diabetes Self-Management for Individuals with Intellectual and Developmental Disabilities



## Is this a good fit for you?

- ✓ I have an intellectual and/or developmental disability.
- ✓ I have type 2 diabetes or have been told I am pre-diabetic.
- ✓ I am 18 years or older.
- ✓ I have a support person that is able to join and support me.

## Interested?

- Complete this [form](#) to see if you qualify to be a part of this project.
- For questions or accommodations please contact project director Tom Keating: [tkeating@cognitopia.com](mailto:tkeating@cognitopia.com) or 541-636-2164.

This is an invitation to apply to participate in a research project on self-management of Type 2 Diabetes for individuals with intellectual and developmental disabilities conducted by Tom Keating, PhD through Cognitopia, Inc. To learn more about Cognitopia, go to <https://www.cognitopia.com>

4 weeks of free  
online classes

Learning about  
healthy living with  
type 2 diabetes

Social connection

Set goals

Have fun!



Cognitopia

Where self-determination  
comes to life™