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Cardiovascular
Disease



Diabetes



Kidney
Disease



Musculoskeletal
Conditions



Respiratory
Disease



Your Aboriginal Health Worker can
provide you more information

Upcoming appointments

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring

Disclaimer

The information in this pamphlet is of a general nature only and not intended as medical advice.



Aboriginal
Health & Medical
Research Council
of NSW



Diabetes Educator

Resource three of the

Living Longer Stronger Resource Kit

2nd edition

Who are they?

A **Diabetes Educator** is an allied health professional who specialises in assisting people with diabetes to understand and manage their condition and prevent long-term complications.

A Diabetes Educator may discuss and teach you about things that include:

- + Healthy eating and food management 
- + Diabetes medications
- + Insulin therapy and injection techniques 
- + Blood glucose monitoring
- + How to maintain a healthy weight and lifestyle 



How can I access one?

For a person who has been diagnosed with diabetes, your GP or Endocrinologist may refer you to meet with a Diabetes Educator. You may need a referral letter or have a completed 'GP management plan' before meeting with your Diabetes Educator.



Diabetes Educator

Provides education and training to understand and manage diabetes.

What should I do before the appointment?

A helpful tip is to write down any questions you have regarding diabetes, such as how to monitor blood glucose levels or what are the signs and symptoms of high or low blood glucose levels.

How much does it cost?

Costs to see a Diabetes Educator may vary with some or all of the costs covered by Medicare, however don't hesitate to contact the service provider for more information.

What to expect during the appointment?

- + You can expect to learn a lot about diabetes, and it may feel overwhelming. Don't worry, as you will be given time to understand this and ask questions. You may be surprised at how quickly you can adapt and manage diabetes.
- + Ask lots of questions, which can help develop your confidence living with diabetes.
- + Don't forget to write down any helpful tips, websites or other support services that you may access to help gain a further understanding of diabetes.