

Individual Appointment

Individual appointments can be arranged at any of our Community Health sites.

Dietitian appointments are also available to discuss your food in relation to your diabetes management.

Diabetes Self-care Program for Type 2 Diabetes

Diabetes Education and Self-Management for ongoing and newly diagnosed.

Put diabetes into perspective and you in the driver's seat.

During a supportive group program environment you will gain; practical skills and learn about food choices, physical activity medicine and more.

Cost: \$6.00 per session

Partners are welcome without cost

OZDAFNE

Dose adjustment for normal eating

This type 1 diabetes group runs for 5 days at the Mornington Community Health site twice a year. DAFNE is a group program designed for adults with type 1 diabetes.

It is a structured program which covers carbohydrate counting, insulin adjustment, blood glucose monitoring, illness and exercise.

Cost: \$150.00 for entire week

\$75.00 concession

Contact Details

For an appointment phone:

PH: 1300 665 781

Ask to speak with an Access Worker.

Referrals Fax: 9784 2309

Funded by the Australian Government Department of Health. Visit the Department of Health website (www.health.gov.au) for more information.

Disclaimer: Although funding for some of Peninsula Health Community Health Services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

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Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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Community Health Diabetes Education Services

Frankston
Mornington
Rosebud
Hastings



Peninsula
Health

Diabetes Educators

Diabetes Educators are specialists in diabetes education and help people to manage their diabetes. They are available at all community health sites and provide individual support and group programs for people with newly diagnosed with Diabetes and those who wish to access further information and support.

Diabetes Educators provide support, education, guidance and skills training to help you:

- Understand diabetes and make informed lifestyle and treatment choices.
- Understand the role and importance of physical activity in daily life.
- Use medicines effectively and safely.
- Monitor and interpret blood glucose patterns.
- With the introduction and adjustment of new medications especially Insulin therapy.
- Trouble shoot 'high' and 'low' blood glucose levels.



These groups and appointments would be suitable if:

- you have just been diagnosed with type 2 diabetes
- you would like an update or refresher about type 2 diabetes
- you would like an update or support with your type 1 diabetes
- you are introducing or changing your diabetes medication and insulin therapy
- your blood glucose targets or goals are not being met
- you have frequent episodes of 'low' or 'high' blood glucose levels.
- you would like to know how to manage your sick days
- you have complications with your diabetes
- you need to learn how to manage your diabetes with your other medical conditions
- you would like to increase your knowledge, skills and confidence in managing your diabetes
- you have not received diabetes education in the past

How the groups can help you?

They will provide you with:

- Up to date information to manage your diabetes
- The chance to meet people in a similar situation
- Information about healthy food choices
- Answers to your questions
- Accurate information about diabetes and will dispel the common myths
- Ideas that you can use to manage your diabetes and feel your best.
- Your own personalised care plan

