



GROUP SERVICES

Exercise and Lifestyle Modifications Groups

Changes in behavior and lifestyle can reduce a person's risk of developing Diabetes and assist in managing Diabetes. Groups focus on providing information and support to:

- develop healthier eating habits
- increase physical activity
- support for weight reduction
- improve strength

Diabetes Education and Peer Support Groups

Diabetes information sessions help people with diabetes (as well as family members and carers) understand and manage this condition.

To book an appointment or find out more about diabetes programs and group sessions, contact your nearest Community Health Service.



BANYULE
Community Health

Banyule Community Health
West Heidelberg and Greensborough
T. 9450 2000
F. 9450 2662



Darebin Community Health
East Reservoir, Preston and Northcote
T. 8470 1111
F. 8470 1107



healthAbility
HealthAbility
Eltham
T. 9430 9100
F. 9431 0339



COMMUNITY HEALTH DIABETES SERVICES

IN NORTH EAST MELBOURNE



This guide lists the services and groups offered by Community Health Services to help you understand and manage your diabetes with the support of your Doctor.

INDIVIDUAL SERVICES



DIABETES —
WORK WITH US
TO MANAGE IT...
BEFORE IT
MANAGES YOU!

Diabetes Educator

Diabetes Educators can help you understand your diabetes and how to manage it well. They offer information, advice and support. They will spend time with you and explain how to monitor and manage your diabetes, how lifestyle changes can help you manage your diabetes and how your medications and or insulin works.

Dietitian

Dietitians work with you to look at how food affects your health and support you to make changes to help improve your health. Food and eating play a role in various health conditions and is an important part of managing diabetes.

Podiatrist

Podiatrists can help in the prevention and management of foot complications with diabetes. They diagnose and treat foot and leg problems and disorders including nail and skin disorders, injuries and infections. Diabetes can affect the blood supply and feeling in the feet so see your Podiatrist for an annual diabetes foot assessment to help avoid foot complications.

Physiotherapist/ Exercise Physiologist

Exercise plays a vital role in the management of diabetes. Physiotherapists can advise on the most appropriate exercise for you, as well as assist in treating any physical problems stopping you being active.

Optometry

Eye health checks are important and should be conducted at least once per year. Public optometry services are offered locally at Darebin Community Health.

Public Dental Programs

Annual Dental check-ups are an important part of your diabetes care.

Counsellor

A counsellor can be helpful to talk to when you are worried, upset or stressed. Diabetes can impact on your emotional and psychological health through depression, anxiety and grief and loss reactions.

Stop Smoking Support

Smoking combined with diabetes increases the risk of serious diabetes complication such as stroke, heart and circulation problems. Stop smoking support may be offered through 1:1, group or phone support.

Your Doctor...

monitors your diabetes control and your eye, kidney and heart health. They order tests, manage treatment, make changes to your medication, including insulin where necessary. They coordinate your care with other health professionals.