

Diabetes Directory

Sunshine Coast and Gympie Region

Navigating the maze to local
diabetes care and support

This Diabetes Directory was developed by the Diabetes Prevention Partnership (DiPP). Partners include Sunshine Coast Hospital and Health Service, CQWB&SC Primary Health Network, Diabetes Qld, North Coast Aboriginal Corporation for Community Health & consumer representatives.

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Hospital and Health Service
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DiPP is a local network of diabetes consumers & service providers from the Sunshine Coast & Gympie. This network aims to improve diabetes awareness & action by creating a forum for service collaboration, consumer engagement, information sharing, joint planning & advocacy. DiPP is led by the Sunshine Coast Hospital & Health Service.

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Disclaimer: Services & contacts included in the directory are correct at the time of printing, but these may change without notice. Please contact the provider to check availability. Listed services do not suggest endorsement. Please self-select services right for you.

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Preface

As someone with diabetes, I recognise that it can be hard to reach out for support when you're first diagnosed. Navigating the maze to find services & supports is overwhelming. This Diabetes Directory was developed to take the hard work out of finding support & information. It's specifically designed to help you connect, so you're not alone on the journey.



As a consumer representative on the Diabetes Prevention Partnership (DiPP), it has been my honour & privilege to work with other members who are health professionals to create this Diabetes Directory. It aims to positively impact the lives of people with diabetes, by helping them establish a network of support. Among other things, the Diabetes Directory lists sources of information, education opportunities & support networks to assist those living with pre-diabetes, type 1 diabetes, type 2 diabetes, child & adolescent diabetes & gestational diabetes. It provides an explanation of the various types of diabetes, local services available for each type of diabetes, including those for Aboriginal & Torres Strait Islanders, culturally & linguistically diverse communities and families & carers.

As someone who's managed their diabetes with diet, then oral medication & then insulin, I've learnt that understanding diabetes takes a lifetime, so give yourself time. Advances in treating & managing diabetes are occurring all the time, so it's important to keep up-to-date & to make the most of education opportunities. Most importantly, I've learnt that by maintaining a healthy lifestyle through physical activity, balanced nutrition, emotional wellbeing, foot care, oral & eye health & preventing peripheral neuropathy, diabetes can be managed & life can be well lived.

The good news is that diabetes opens-up a whole new world of knowledge & awareness for better health. I understand more than I ever thought I could about diabetes & healthy living. This knowledge has come from surrounding myself with a wonderful healthcare team including my GP, endocrinologist, diabetes educator, podiatrist, dietitian, optometrist, ophthalmologist, dentist, psychologist & exercise physiologist. I've also taken advantage of attending education sessions designed to help me learn how to best care for my diabetes & I regularly attend a support group to connect with other people with diabetes. Family & friends have been equally as important & have learnt just as much, if not more than me about diabetes. They've also been an ongoing source of encouragement, support & understanding. It's this broad circle of support that helps me live a healthy, happy life with diabetes.



This is my story, but every person with diabetes is different, no two are similar. It's up to you to develop your own healthcare team & health routine that you feel comfortable with. I hope this Diabetes Directory arms you, your family & carers with enough knowledge to establish a circle of support, so you're not alone on the journey & live a full & happy life with diabetes.

Robyn T

(Consumer Representative, Diabetes Prevention Partnership)

ALL PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
HEALTHCARE TEAM				
<i>Family Doctor / GP</i>	Your family doctor is the best person to see when you're first diagnosed. If you don't have a family doctor, then any general practitioner will be able to help you. Your doctor is university trained & highly qualified to manage a range of health conditions. They play a central role in assessing your diabetes & helping you manage it. They can refer you to medical specialists if needed.	Your family doctor / GP	Providers across the Sunshine Coast & Gympie	Check with provider
<i>Endocrinologist</i>	Endocrinologists are medical doctors who specialise in diabetes & endocrinology & have studied at university for over 10 years to gain their licence to practice. They provide expert advice in the management of diabetes & its complexities & how to manage co-conditions. A referral from a GP is essential to see an endocrinologist.	Your GP will refer you to a local Endocrinologist	Providers across the Sunshine Coast	Check with provider
<i>Clinical Diabetes Educator</i>	CDEs are university trained & registered in diabetes education & management. GP referrals are essential. CDEs provide specialised support for patients: <ul style="list-style-type: none"> • newly diagnosed with diabetes • requiring support to manage complex diabetes • initiating insulin, adjusting doses & managing injections • unable to meet glycaemic targets or clinical goals • with limited self-care knowledge, skills or confidence • experiencing recurrent or severe episodes of hypoglycaemia &/or ketoacidosis • diagnosed with chronic diabetes complications or other comorbidities 	Your GP will refer you to a local CDE To check registration, contact the Australian Diabetes Educator Association (ADEA) Ph: (02) 6287 4822 E: enquiries@adea.com.au www.adea.com.au	Providers across the Sunshine Coast & Gympie	Check with provider
<i>Podiatrist</i>	Podiatrists are university trained & registered to manage & maintain foot health. Regular foot checks are important as diabetes can increase the risk of foot ulcers & other complications. Medicare may provide a rebate on podiatry fees. If you have private health insurance, you may also receive a rebate.	To check registration, contact the Australian Podiatry Association Ph: (03) 9416 3111 www.podiatry.org.au	Providers across the Sunshine Coast & Gympie	Check with provider
<i>Dietitian</i>	Dietitians are university trained & registered to assist people with diabetes to develop personalised healthy eating plans to suit their lifestyle, type of diabetes & individual health needs. Medicare may provide a rebate on dietitians' fees. If you have private health insurance, you may also receive a rebate.	To check registration, contact the Dietitians Association of Australia Ph: 1800 812 942 www.daa.asn.au	Providers across the Sunshine Coast & Gympie	Check with provider

ALL PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
HEALTHCARE TEAM continued...				
<i>Psychologist</i>	Psychologists are university trained & registered to help deal with the psychological impact of diabetes & to support your emotional wellbeing. A referral from a GP is required. Medicare may provide a rebate on psychologist fees. If you have private health insurance, you may also receive a rebate.	To check registration, contact the Australian Psychological Society Ph: 1800 333 497 www.psychology.org.au or the Psychology Board of Australia www.psychologyboard.gov.au	Providers across the Sunshine Coast & Gympie	Check with provider
<i>Pharmacist</i>	Pharmacists are university trained & registered to provide advice on managing medication, medication side effects & relationships between medications. If you're managing a range of medications, your GP can arrange for a Pharmacist to complete a Home Medication Review.	To check registration, contact the Pharmacy Board of Australia Ph: 1300 419 495 www.pharmacyboard.gov.au	Providers across the Sunshine Coast & Gympie	Check with provider
<i>Exercise Physiologist</i>	EPs are university trained & registered to help design exercise/activity plans, individually suited to your level of health & lifestyle. A referral from a GP is required. Medicare may provide a rebate on EP fees. If you have private health insurance, you may also receive a rebate.	To check registration, contact the Australian Association for Exercise & Sports Science Ph: (07) 3171 3335 E: info@essa.org.au www.essa.org.au	Providers across the Sunshine Coast & Gympie	Check with provider
<i>Optometrist</i>	Optometrists are university trained & registered to support people with eye health. People with diabetes are at-risk of developing diabetes-related eye disease. If eye disease goes untreated, it may lead to vision impairment or blindness. Most diabetes-related eye disease does not show early symptoms, so visiting an optometrist regularly for a comprehensive eye examination is recommended. Please advise your optometrist that you have diabetes. Medicare may provide a rebate on optometry fees. If you have private health insurance, you may also receive a rebate.	To check registration, contact Optometry Australia Ph: (03) 9668 8500 www.optometry.org.au	Providers across the Sunshine Coast & Gympie	Check with provider
<i>Dentist</i>	Dentists are university trained & registered to support people with oral health. People with diabetes are at greater risk of tooth decay & gum disease. Please advise your dentist that you have diabetes & schedule regular dental check-ups. Medicare may provide a rebate on dental fees. If you have private health insurance, you may also receive a rebate.	To check registration, contact the Australian Dental Association Ph: (02) 8815 3333 E: contact@ada.org.au www.ada.org.au	Providers across the Sunshine Coast & Gympie	Check with provider

ALL PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
HEALTHCARE TEAM continued...				
<i>Diabetes Centre</i>	Diabetes Centres offer specialised advice from a range of university trained health practitioners to help people manage their diabetes. Clinic appointments are available with a specialist Endocrinologist, Clinical Diabetes Educator, Podiatrist, Dietitian or Psychologist to support non-acute diabetes management. Clinics focus on self-management, insulin pumps/continuous glucose monitoring, diabetes in pregnancy, high-risk diabetes foot care, diabetes related nutrition & psychology. A GP referral is essential.	Sunshine Coast Diabetes Service Ph: (07) 5436 8984	Sunshine Coast University Hospital, Caloundra Hospital, Nambour Hospital & Gympie Hospital	FREE
<i>Family & Friends</i>	Family & friends provide day-to-day support & assistance in managing your emotional health, physical health & motivation for diabetes self-management. They're a key part of your health care team.			
HELPLINE				
<i>NDSS HelpLine</i>	The NDSS Helpline 1300 136 588 service is for people with diabetes, their carers, health professionals & NDSS Access Points. Access the NDSS Helpline to: <ul style="list-style-type: none"> • get advice on diabetes self-management • speak with a health professional about managing your diabetes • learn more about NDSS products • request a replacement registration card If you need help with English - call the Translating and Interpreting Service (TIS) on 131 450 & ask for the number 1300 136 588. If you are hearing or speech impaired, access the TTY (teletypewriter) on 133 677, Speak and Listen on 1300 555 727 or The National Relay Service & then enter the number 1300 136 588.	National Diabetes Services Scheme Ph: 1300 136 588	Open from: 8:30am to 5:00pm Monday to Friday 9:00am to 12:00pm Saturdays & national public holidays	FREE
INFORMATION RESOURCES				
<i>Circle Magazine</i>	A quarterly magazine distributed to Diabetes Queensland members. Circle features stories on real people living with all types of diabetes as well as articles on nutrition, physical activity & emotional wellbeing.	Diabetes Queensland Ph: 1800 077 155 www.diabetesqld.org.au/publications/circle-magazine.aspx	Available to members only	FREE

ALL PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INFORMATION RESOURCES continued....				
<i>Diabetes Directory</i>	Listing of local services & supports for people with diabetes residing in the Sunshine Coast & Gympie regions.	Diabetes Prevention Partnership (DiPP) Sunshine Coast Hospital & Health Service, Community Chronic Conditions Ph: (07) 5202 9772 or ext. 771 E: SC-T2D-Education@health.qld.gov.au	Available via email & in print for those without computer access.	FREE
<i>Fact Sheets</i>	The NDSS & Diabetes Australia have developed fact sheets covering a variety of topics about diabetes, healthy eating & feeling unwell & information for family & carers.	Diabetes Queensland Ph: 1800 077 155 www.diabetesqld.org.au/about-diabetes/diabetes-information/information-sheets.aspx	Available to download in PDF format.	FREE
<i>Member Matters</i>	An e-newsletter which provides stories & key updates to help people live well with diabetes. Exclusive to Diabetes Queensland members, this publication provides relevant information about type 1, type 2 & gestational diabetes, as well as community, political & medical information.	Diabetes Queensland Ph: 1800 077 155 www.diabetesqld.org.au/publications/member-matters.aspx	Available to members only	FREE
<i>NDSS Request a Resource</i>	The NDSS has a wide range of materials to order, including information booklets & fact sheets available to order on topics such as diabetes care, nutrition, exercise, pregnancy, associated health information & the NDSS. These materials are designed for people with diabetes, community organisations & health clinics. For printed copies, call the NDSS Helpline on 1300 136 588 or use the online "Request a Resource Form" (as per link provided)	National Diabetes Services Scheme Ph: 1300 136 588 www.ndss.com.au/about-diabetes/resources/request-a-resource/		FREE
<i>Uturn Newsletter</i>	Uturn e-newsletter is distributed to Diabetes Queensland members, NDSS registrants, health professionals, supporters, corporate organisations & other stakeholders, from time to time. The newsletter provides readers with the latest diabetes news, events, health findings & information on other diabetes activities in Queensland. It aims to raise awareness about diabetes in the community.	Diabetes Queensland Ph: 1800 077 155 www.diabetesqld.org.au/publications/uturn-newsletter.aspx	Available to members only	FREE
ONLINE RESOURCES				
<i>Diabetes & Driving</i>	Information for people with diabetes which outlines extra precautions for driving & road safety	National Diabetes Services Scheme Ph: 1300 136 588 www.ndss.com.au/living-with-diabetes/driving-and-travel/driving/	Online	FREE

ALL PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
ONLINE RESOURCES continued...				
<i>Diabetes Emergency Plan</i>	A document to help layout a plan to manage diabetes in an emergency	National Diabetes Services Scheme Ph: 1300 136 588 www.ndss.com.au/wp-content/uploads/resources/emergency-my-diabetes-plan.pdf	Online	FREE
<i>Diabetes in Schools</i>	Information to assist students with diabetes participate in school & support materials for teachers	Diabetes Australia Ph: 1300 136 588 www.diabetesaustralia.com.au/school	Online	FREE
<i>Diabetes & Travel</i>	Information outlining precautions for travel	National Diabetes Services Scheme Ph: 1300 136 588 www.ndss.com.au/living-with-diabetes/driving-and-travel/travel/	Online	FREE
<i>Diabetes & Work</i>	Information about working with diabetes & responsibilities around disclosure	Diabetes Australia Ph: 1300 136 588 www.diabetesaustralia.com.au/work	Online	FREE
<i>Food & Activity</i>	Information to help choose & cook healthy foods, be active & maintain a healthy weight	Diabetes Australia Ph: 1300 136 588 www.diabetesaustralia.com.au/food-activity	Online	FREE
<i>NDSS Information & Resources</i>	A broad, comprehensive variety of information to help you self-manage your diabetes, including topics such as: <ul style="list-style-type: none"> • understanding diabetes • managing diabetes • health management • emotional health • lifestyle & healthy eating 	National Diabetes Services Scheme Ph: 1300 136 588 www.ndss.com.au/about-diabetes/resources/	Online	FREE
<i>Newly Diagnosed</i>	A diabetes diagnosis can come as a shock. People commonly feel disbelief, sadness, anger or self-blame. This webpage provides information to help adjust to life with diabetes.	National Diabetes Services Scheme Ph: 1300 136 588 www.ndss.com.au/about-diabetes/newly-diagnosed/	Online	FREE
<i>Online Services Directory</i>	Search for NDSS Access Points and doctors, endocrinologists, Credentialed Diabetes Educators, dietitians & other health professionals in your area.	National Diabetes Services Scheme Ph: 1300 136 588 www.osd.ndss.com.au/search/	Online	FREE

ALL PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
ONLINE RESOURCES continued...				
<i>What's On</i>	List of awareness raising events & education opportunities delivered by Diabetes Qld.	Diabetes Queensland Ph: 1300 136 588 www.diabetesqld.org.au/get-involved/what's-on.aspx	Online	FREE
MEMBERSHIP				
<i>Become a Member</i>	Joining Diabetes Queensland connects people to a community of other people with diabetes. As a member of DAQ you will be provided with help, advice & the latest information to help you understand your diabetes & manage it at every stage. Contact DAQ for a start-up pack.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/membership/become-a-member.aspx	Anytime	Contact for details
<i>Register for the NDSS</i>	The NDSS delivers education & information services to people with diabetes. It also provides a range of diabetes products at a subsidised cost. It's a government initiative administered with the assistance of Diabetes Australia. Registering for the NDSS is free. You can download the registration form or ask your doctor, hospital or pharmacy for a copy of the form.	National Diabetes Services Scheme NDSS Helpline Ph: 1300 136 588 www.ndss.com.au/registration	Anytime	FREE
SUBSIDISED PRODUCTS & SERVICES				
<i>National Diabetes Services Scheme</i>	Register with the NDSS to access a large range of subsidised products that help people to affordably self-manage diabetes. These products include: <ul style="list-style-type: none"> • subsidised blood glucose testing strips (BGTS), restrictions apply to people with type 2 diabetes who do not use insulin • subsidised urine testing strips • free insulin syringes & pen needles, if you require insulin or an approved non-insulin injectable medication • subsidised insulin pump consumables (IPC), for approved persons with type 1 diabetes & gestational diabetes • subsidised continuous glucose monitoring (CGM) products, for eligible & approved people with type 1 diabetes & 'other' eligible conditions 	National Diabetes Services Scheme Ph: 1300 136 588 www.ndss.com.au/registration	Anytime	FREE

ALL PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
WELLBEING SUPPORT				
<i>Beat It Exercise Program</i>	BEAT IT is a FREE 8-week physical activity & lifestyle program delivered by an Accredited Exercise Physiologist. This program helps people to establish a routine to better manage their diabetes & return to a healthier & more active life. Suitable for people with type 1 & type 2 diabetes.	Diabetes Queensland Ph: 1300 136 588	23 rd Sep–13 th Nov 2019 Mon & Wed, 10-11am Noosaville 4 th Feb–26 th Mar 2020 Tue & Thu, 10-11am Noosaville	FREE for NDSS registrants
<i>Tai Chi for Diabetes</i>	Low impact gentle exercise for ambulant participants & no impact gentle exercise for wheelchair participants.	Ph: 0407 525 980 E: taichiharmony@iinet.net.au www.taichiharmony.com	Contact provider for details	\$10
<i>Healthy Sunshine Coast</i>	A series of free or low-cost group fitness opportunities made available for Sunshine Coast residents to participate in across the coast. Categories include group fitness, Mums, seniors, yoga, Aboriginal & Torres Strait Islander & more.	Sunshine Coast Regional Council Ph: 5475 7272 / 1300 007 272 www.sunshinecoast.qld.gov.au/Living-and-Community/Community-Support/Health-and-Wellbeing-programs	Contact provider	up to \$10 some free
<i>Physical Health Compass</i>	Timetable of local, low cost & low impact physical activity options for middle to older age residents of the Sunshine Coast & Gympie.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Ph: (07) 5202 9772 or ext. 771	Available via email & in print for those without computer access	FREE
<i>Emotional Health Compass</i>	Timetable of local, low cost emotional wellbeing programs, activities & supports for middle to older age residents of the Sunshine Coast & Gympie.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Ph: (07) 5202 9772 or ext. 771	Available via email & in print for those without computer access	FREE
<i>Social Health Compass</i>	Timetable of local, low cost social activity options for middle to older age residents of the Sunshine Coast & Gympie.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Ph: (07) 5202 9772 or ext. 771	Available via email & in print for those without computer access	FREE
PUBLIC AWARENESS & FUNDRAISING EVENTS				
<i>National Diabetes Week</i>	Annual national campaign to raise public awareness & throw the spotlight on diabetes.	Diabetes Australia Ph: (02) 6232 3800 www.diabetesaustralia.com.au/national-diabetes-week	14-20 th July 2019	FREE
<i>World Diabetes Day</i>	Annual global campaign to raise public awareness & throw the spotlight on diabetes.	International Diabetes Federation www.worlddiabetesday.org/	14 th November 2019	FREE
<i>Great Ocean Road Trek 2019</i>	Seven-day, 100km trek along Victoria's iconic Great Ocean Road, to raise funds to support Queenslanders living with diabetes.	Diabetes Queensland Ph: 1800 177 055 E: fundraising@diabetesqld.org.au	17 th October 2019	Meet fund raising target

PRE-DIABETES & DIABETES RISK: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
EARLY INTERVENTION SCREENING				
<i>My Health for Life</i>	Online screening portal to assess risk of developing conditions such as type 2 diabetes, heart disease, stroke, high cholesterol & high blood pressure.	Queensland Government Ph: 13 74 75 www.myhealthforlife.com.au	online	FREE
<i>Australian Type 2 Diabetes Risk Assessment Tool</i>	Online calculator to find out your risk of developing type 2 diabetes in the next five years.	Diabetes Australia Ph: (02) 6232 3800 www.diabetesaustralia.com.au/risk-calculator	online	FREE
EDUCATION				
<i>Type 2 Diabetes Prevention Education</i>	Short presentation about type 2 diabetes prevention, delivered on request to community groups. Can be combined with T2D screening.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Healthy Lifestyle Team Ph: (07) 5202 9772 E: SC-T2D-Education@health.qld.gov.au	Delivered on request, contact provider	FREE
<i>Type 2 Diabetes & Me Education</i>	Four-hour group education session to learn how to self-manage pre-diabetes & type 2 diabetes. Designed for: <ul style="list-style-type: none"> • people newly diagnosed T2D • people managing enduring T2D & in need of a refresher • people diagnosed with pre-diabetes • carers or family members of people with T2D Information is provided to 1) improve understanding of T2D, annual cycle of care & health lifestyle practices & 2) identify health professionals & local support services to include in your circle of care. Session is delivered by a nurse, dietitian, social worker & health promotion practitioner.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Healthy Lifestyle Team Ph: (07) 5479 9670 to register Ph: (07) 5202 9772 for more info E: SC-T2D-Education@health.qld.gov.au	12 courses/year 4 at Caloundra 4 at Maroochy 4 at Gympie	FREE
<i>My Health for Life</i>	Six-month program designed to help Queenslanders stay well & lessen their risk of developing conditions such as type 2 diabetes, heart disease, stroke, high cholesterol & high blood pressure. Program participants work with a health coach to achieve health goals & choose either small group education sessions or one-on-one phone coaching to explore healthy lifestyle topics. Refer to website for eligibility criteria.	Queensland Government Ph: 13 74 75 www.myhealthforlife.com.au	Maroochydore, Nambour, Noosaville & Gympie *Check with provider for dates	FREE

PRE-DIABETES & DIABETES RISK: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
ONLINE RESOURCES				
<i>About Prediabetes</i>	A webpage that provides online information about what prediabetes is & how to manage it.	National Diabetes Services Scheme (NDSS) & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/about-diabetes/prediabetes/	Online	FREE
<i>Type 2 Diabetes & Me Video</i>	Four-hour online video, designed for people with prediabetes who are unable to attend face-to-face group education. Information is provided to 1) improve understanding of T2D, annual cycle of care, & health lifestyle practices & 2) identify health professionals & local support services to include in your circle of care. Information is delivered by a nurse, dietitian, social worker & health promotion practitioner.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Healthy Lifestyle Team Ph: (07) 5202 9772 E: SC-T2D-Education@health.qld.gov.au	Online	FREE
TELEPHONE HEALTH COACHING				
<i>COACH</i>	The COACH program has been developed for people over 18 years of age, who are self-caring & residents of Queensland, with one or more of the following conditions: <ul style="list-style-type: none"> • pre-diabetes • type 2 diabetes • coronary artery disease (CAD), such as myocardial infarction, angina pectoris, cardiac stenting or heart bypass surgery • chronic obstructive pulmonary disease (COPD) The COACH program assists people with pre-diabetes to set targets to reduce diabetes risk & those with type 2 diabetes to achieve targets to best manage the condition. COACH runs for approximately 6 months. Qualified health coaches call every four to six weeks at an agreed time. Recommended for all people, especially those who are geographically disadvantaged & find it difficult to access health services.	Queensland Health Ph: 13 HEALTH (13 43 25 84) E: coach@health.qld.gov.au www.health.qld.gov.au/_data/assets/pdf_file/0020/153254/coach-brochure.pdf	Ongoing	FREE
WELLBEING SUPPORT				
<i>Physical, Emotional & Social</i>	Maintaining physical, emotional & social health is key to preventing diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.			

TYPE 1 DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INDIVIDUAL CARE				
<i>Health Care Team</i>	Diabetes is best managed with the support of a diabetes healthcare team. Whilst you're the most important member, please refer to Page 5 for a list of health professionals you may wish to have in your circle of care.			
<i>Hospital Admission</i>	Inpatient hospital stay for acute diabetes management & foot care. GP or health professional referral essential.	Sunshine Coast Diabetes Service Ph: (07) 5436 8984	Sunshine Coast University Hospital, Nambour Hospital & Gympie Hospital	FREE
<i>Clinic Appointments</i>	Outpatient clinic appointments with specialist endocrinologist, diabetes educator, podiatrist, dietitian or psychologist to support non-acute diabetes management. Clinics focus on self-management, insulin pumps/continuous glucose monitoring, diabetes in pregnancy, high-risk diabetes foot care, diabetes related nutrition & psychology. GP referral essential.	Sunshine Coast Diabetes Service Ph: (07) 5436 8984	Sunshine Coast University Hospital, Caloundra Hospital, Nambour Hospital & Gympie Hospital	FREE
<i>Home Visiting: Nurse Navigator Credentialed Diabetes Educator</i>	One-to-one consultation for eligible clients who encounter difficulty managing aspects of diabetes including recent hospital presentations. Referrals from health professionals, GP practices & self-referral also acceptable.	Sunshine Coast Hospital & Health Service Fax Referral to: (07) 5489 8457	Gympie & Cooloola	FREE
EDUCATION				
<i>Live Your Life Type 1 Diabetes</i>	Live Your Life forums are a one-day educational event for people living with type 1 diabetes.	Diabetes Queensland Ph: 1300 136 588 E: events@diabetesqld.org.au	Contact provider	\$15 member \$25 non-member
<i>OzDAFNE</i>	A five-day program for adults with type 1 diabetes who are using pens to inject their insulin. DAFNE stands for Dose Adjustment For Normal Eating. It is an evidence-based, structured group education program for adults with T1D. This interactive group program includes topics such as nutrition, carbohydrate counting, insulin dose adjustment, sick days & exercise. Trained OzDAFNE nurses & dietitians deliver the program.	Diabetes Queensland Ph: 0405 769 549 / 1800 177 055 E: helend@diabetesqld.org.au OR E: health@diabetesqld.org.au or contact the NDSS HELPLINE on Ph: 1300 136 588 (choose option 2) www.dafne.org.au/	Contact provider	No cost for NDSS registrants

TYPE 1 DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
EDUCATION continued...				
<i>SMART Programs</i>	Five short, individual education sessions to help people manage their diabetes including: CarbSmart, MedSmart, ShopSmart, FootSmart & MeterSmart. People with type 1 diabetes are encouraged to attend ShopSmart & FootSmart.	Diabetes Queensland Ph: 1300 136 588 E: events@diabetesqld.org.au	Contact provider	FREE
INFORMATION RESOURCES				
<i>One Wonders Newsletter</i>	One Wonders is a monthly electronic newsletter specifically developed for people with type 1 diabetes, their carers & supporters. Be the first to read the most up-to-date information on research, developments & guidelines for T1D, including information for managing T1D in schools & communities.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/publications/one-wonders.aspx	Available to members only	FREE
<i>Type 1 Diabetes Starter Kit</i>	This kit provides tips & contributions from people living with type 1 diabetes in Australia. This kit seeks to provide people newly diagnosed with T1D a sense of what life is like on a daily basis. It also identifies realities & myths.	Type 1 Diabetes Network www.t1dn.org.au/our-stuff/all-about-type-1-resources/starter-kit/	Online	FREE
<i>Type1 Cheat Sheet for Family & Friends</i>	This resource was designed to save people newly diagnosed with type 1 diabetes from explaining it again & again to family & friends	Type 1 Diabetes Network www.t1dn.org.au/wp-content/uploads/2014/06/StaterKit_3rdEdition_CheatSheet.pdf	Online	FREE
ONLINE RESOURCES				
<i>About Type 1 Diabetes</i>	A webpage that provides online information about what type 1 diabetes is & how to manage it.	National Diabetes Services Scheme (NDSS) & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/about-diabetes/type-1-diabetes/	Online	FREE
<i>Managing Diabetes – Type 1</i>	A webpage that provides online information about managing type 1 diabetes, including the following topics: <ul style="list-style-type: none"> • services & programs • newly diagnosed • healthy living • coping with diabetes • insulin 	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/managing-diabetes/type-1-diabetes.aspx	Online	FREE

TYPE 1 DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
ONLINE RESOURCES continued...				
<i>Type 1 Diabetes Network</i>	An online network of people affected by type 1 diabetes that share real-life experiences, information & knowledge in a range of online forums, in order to make living with type 1 a better experience.	Type 1 Diabetes Network www.t1dn.org.au/	Online	FREE
SUPPORT GROUPS				
<i>Blue Care Diabetes Support Group</i>	A local support group for people with diabetes to share their experience & learn from each other & guest presenters	Shelley McBride Mob: 0447 098 223	Monthly, 4th Friday 1pm Blue Care Caloundra Community Care	FREE
<i>Shared Medical Appointment</i>	Monthly 'shared medical appointment' for T1 & T2 diabetic clients at this practice. Group support led by a GP & Practice Nurse. Regular guest presenters.	Maleny Ochre Medical Centre Ph: (07) 5494 2388	Monthly, Tuesdays, Maleny Ochre Medical Centre	Bulk Billed
WELLBEING SUPPORT				
<i>Physical, Emotional & Social</i>	Maintaining physical, emotional & social health is key to managing all types of diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.			

TYPE 2 DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INDIVIDUAL CARE				
<i>Health Care Team</i>	Diabetes is best managed with the support of a diabetes healthcare team. Whilst you're the most important member, please refer to Page 5 for a list of health professionals you may wish to have in your circle of care.			
<i>Home Visiting: Nurse Navigator Credentialed Diabetes Educator</i>	One-to-one consultation for eligible clients who encounter difficulty managing aspects of diabetes including recent hospital presentations. Referrals from health professionals, GP practices & self-referral also acceptable.	Sunshine Coast Hospital & Health Service Fax Referral to: (07) 5489 8457	Gympie & Cooloola	FREE
EDUCATION				
<i>Type 2 Diabetes & Me Education</i>	A four-hour group education session for people wishing to learn how to self-manage pre-diabetes & type 2 diabetes. People are eligible who are: <ul style="list-style-type: none"> • newly diagnosed with T2D • managing enduring T2D & would like a refresher • diagnosed with pre-diabetes • carers or family members of people with T2D Information is provided to 1) improve understanding of T2D, annual cycle of care, & health lifestyle practices & 2) identify health professionals & local support services to include in your circle of care. Information is delivered by a nurse, dietitian, social worker & health promotion practitioner.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Healthy Lifestyle Team Ph: (07) 5479 9670 to register Ph: (07) 5202 9772 for more info E: SC-T2D-Education@health.qld.gov.au	12 courses/year 4 x Caloundra 4 x Maroochy 4 x Gympie	FREE
<i>DESMOND</i>	DESMOND is a self-management education course for people living with type 2 diabetes. This one-day course helps people understand & manage the changes type 2 diabetes brings to their life. Participants meet & share experiences with others while working with DESMOND educators to develop their own personal health plan.	Diabetes Queensland Ph: 1300 136 588 E: events@diabetesqld.org.au	Contact provider	FREE
<i>Live Your Life Type 2 Diabetes</i>	Live Your Life forums are a one-day educational event for people living with type 2 diabetes.	Diabetes Queensland Ph: 1300 136 588 E: events@diabetesqld.org.au	Contact provider	\$15 member \$25 non-member
<i>SMART Programs</i>	Five short, individual education sessions to help people manage their diabetes including: CarbSmart, MedSmart, ShopSmart, FootSmart & MeterSmart.	Diabetes Queensland Ph: 1300 136 588 E: events@diabetesqld.org.au	Contact provider	FREE

TYPE 2 DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INFORMATION RESOURCES				
<i>Fresh Start Kit</i>	Start-up information pack for people who are newly diagnosed with type 2 diabetes, or those that have been living with the condition for some time. Offers a 7-day meal plan, healthy shopping guide, label reading bookmark, diabetes diary, GP question card & 12 months registration with Diabetes Qld	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/managing-diabetes/type-2-diabetes/services-and-programs/fresh-start.aspx	Contact provider	\$74
ONLINE RESOURCES				
<i>About Type 2 Diabetes</i>	A webpage that provides online information about what type 2 diabetes is & how to manage it.	National Diabetes Services Scheme (NDSS) & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/about-diabetes/type-2-diabetes/	Online	FREE
<i>Managing Diabetes – Type 2</i>	A webpage that provides online information about managing type 2 diabetes, including the following topics: <ul style="list-style-type: none"> • Services & programs • Newly diagnosed • Healthy living • Coping with diabetes • Medication & Insulin 	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/managing-diabetes/type-2-diabetes.aspx	Online	FREE
<i>Type 2 Diabetes & Me Video</i>	A four-hour online video, specifically designed for people who are unable to attend face-to-face group education. Information is provided to 1) improve understanding of T2D, annual cycle of care, & health lifestyle practices and 2) identify health professionals & local support services to include in your circle of care. Information is delivered by a nurse, dietitian, social worker & health promotion practitioner.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions Healthy Lifestyle Team Ph: (07) 5479 9670 to register Ph: (07) 5202 9772 for more info E: SC-T2D-Education@health.qld.gov.au	Online	FREE
SUPPORT GROUPS				
<i>Shared Medical Appointment</i>	Monthly 'shared medical appointment' for people with type 1 or 2 diabetes at this practice. Group support led by a GP & Practice Nurse. Regular guest presenters.	Maleny Ochre Medical Centre Ph: (07) 5494 2388	Monthly, Tuesdays, Maleny Ochre Medical Centre	Bulk Billed

TYPE 2 DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
TELEPHONE HEALTH COACHING				
COACH	<p>The COACH program has been developed for adults, who are self-caring & residents of Queensland, with one or more of the following conditions:</p> <ul style="list-style-type: none"> • type 2 Diabetes • pre-Diabetes • coronary artery disease (CAD), such as myocardial infarction, angina pectoris, cardiac stenting or heart bypass surgery) • chronic obstructive pulmonary disease (COPD) <p>The COACH program assists people with pre-diabetes to set targets to reduce diabetes risk & those with type 2 diabetes to achieve targets to best manage the condition. COACH runs for approximately 6 months. Qualified health coaches (e.g. registered nurses) call every four to six weeks at an agreed time. Recommended for all people, especially those who are geographically disadvantaged & find it difficult to access health services.</p>	<p style="text-align: center;">Queensland Health Ph: 13 HEALTH (13 43 25 84) E: coach@health.qld.gov.au www.health.qld.gov.au/_data/assets/pdf_file/0020/153254/coach-brochure.pdf</p>	Ongoing	FREE
WELLBEING SUPPORT				
Physical, Emotional & Social	<p>Maintaining physical, emotional & social health is key to managing all types of diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.</p>			

GESTATIONAL DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INDIVIDUAL CARE				
<i>Health Care Team</i>	Diabetes is best managed with the support of a diabetes healthcare team. Whilst you're the most important member, please refer to Page 5 for a list of health professionals you may wish to have in your circle of care.			
EDUCATION				
<i>Gestational Diabetes Group Education</i>	Group education for pregnant women at time of diagnosis, delivered by a Credentialed Diabetes Educator & Dietitian. Referral from GP or Obstetrician essential.	Sunshine Coast Diabetes Service Ph: (07) 5436 8984	Caloundra Hospital Gympie Hospital	FREE
<i>SMART Programs</i>	Five short, individual education sessions to help people manage their diabetes including: CarbSmart, MedSmart, ShopSmart, FootSmart & MeterSmart. Pregnant women with gestational diabetes are encouraged to attend CarbSmart & ShopSmart.	Diabetes Queensland Ph: 1300 136 588 E: events@diabetesqld.org.au	Contact provider	FREE
ONLINE RESOURCES				
<i>Gestational Diabetes Website</i>	The NDSS has a dedicated webpage for gestational diabetes. The webpage includes information, resources & support for women with gestational diabetes & information about the gestational diabetes register. The website also provides information on joining the National Gestational Diabetes Register. Resources include a: <ul style="list-style-type: none"> • Understanding Gestational Diabetes Fact Sheet • Caring for Yourself & Your Baby Booklet • Life After Gestation Diabetes Booklet • Translated Resources 	National Diabetes Services Scheme (NDSS) & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/gestational-diabetes-resources	Online	FREE
<i>Managing Diabetes - Gestational</i>	A webpage that provides online information, resources & programs to support women with gestational diabetes.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/managing-diabetes/gestational-diabetes.aspx	Online	FREE
WELLBEING SUPPORT				
<i>Physical, Emotional & Social</i>	Maintaining physical, emotional & social health is key to managing all types of diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.			

CHILD & ADOLESCENT DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INDIVIDUAL CARE				
<i>Health Care Team</i>	Diabetes is best managed with the support of a diabetes healthcare team. Whilst you're the most important member, please refer to Page 5 for a list of health professionals you may wish to have in your circle of care.			
<i>Child Adolescent Diabetes Clinic</i>	Open to all children under 16 years of age, or currently attending school.	Sunshine Coast Diabetes Service Ph: (07) 5202 0000	Mon-Fri at Sunshine Coast University Hospital One clinic/wk at Gympie Hospital	FREE
EDUCATION				
<i>DiaBuddies Day</i>	The DiaBuddies Day is designed for children with type 1 diabetes & their families to celebrate life & form supportive connections with others on a journey with diabetes.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/get-involved/what's-on/2019/aug/diabuddies-day-bundaberg.aspx	Contact provider	FREE for children \$10-15 family/carers
<i>School Staff Diabetes Seminar</i>	This seminar offers key staff in school settings the opportunity to expand their knowledge & become more confident in supporting & facilitating the daily experience of young people with type 1 diabetes in their care.	Diabetes Queensland Ph: (07) 3049 1299 E: DiabetesInSchools@health.qld.gov.au www.diabetesqld.org.au/get-involved/what's-on/2019/sep/school-seminar.aspx	Mon 14 th Oct 2019 North Lakes	FREE
<i>Transition Events for ages 16-25</i>	Events for parents which provide the opportunity to meet other parents, share experiences & learn strategies to support children with type 1 diabetes as teenagers & young adults.	Diabetes Queensland Ph: 1300 36 588 E: events@diabetesqld.org.au	28 th March 2019 5.30-8pm Maroochydore	FREE
INFORMATION RESOURCES				
<i>As 1 Kids Magazine</i>	A quarterly magazine for kids living with diabetes.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/publications/as-1-kids.aspx		FREE

CHILD & ADOLESCENT DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
ONLINE RESOURCES				
<i>Diabetes Basics</i>	Diabetes Basics is a resource for Queensland schools, teachers, support staff & parents of students living with all types of diabetes. It provides practical advice & guidelines for Queensland schools, including emergency health plans for students, diabetes care plans & the guidelines for Queensland schools for students with diabetes.	Diabetes Queensland Ph: 1300 136 588 www.diabetesqld.org.au/diabetes-school-guidelines.aspx	Online	FREE
<i>Juvenile Diabetes Research Foundation (JDRF) Website</i>	JDRF is committed to improving the lives of young people with type 1 diabetes & their families/carers by keeping them informed about the latest developments in research & by providing a range of support services to help them from initial diagnosis through to managing life with type 1 diabetes.	Juvenile Diabetes Research Foundation Ph: (07) 3046 2700 www.jdrf.org.au/home	Online	FREE
<i>The Little Blue Book</i>	The Little Blue Book lists the names of people, organisations & places that make life with type 1 diabetes a little easier.	Juvenile Diabetes Research Foundation Ph: (07) 3046 2700 www.jdrf.org.au/living-with-t1-diabetes/t1d-directory/	Online	FREE
<i>myD Website</i>	myD (my diabetes) is a site developed specifically for people aged 16 to 25 years living with diabetes. The site provides general information on living with diabetes & covers topics like school, work, travel, driving & general health. The site also provides information & links to other sites of interest for younger people, places to go for more information & a section to tell their story & talk about how they live with diabetes.	National Diabetes Services Scheme (NDSS) & Diabetes Australia Ph: 1300 136 588 www.myd.ndss.com.au	Online	FREE
<i>TOPIQ (Type 1 Parents in Qld)</i>	TOPIQ provides a comfortable, safe & friendly place for Parents of Children with type 1 diabetes to share & chat about any issues pertaining to T1D. TOPIQ is a "closed" group on Facebook	TOPIQ Facebook Group www.facebook.com/groups/TOPIQ/?ref=group_header	Online	FREE
<i>Young People Resources</i>	A range of booklets available online on topics including: <ul style="list-style-type: none"> • alcohol & type 1 diabetes • continuous glucose monitoring • drug use and type 1 diabetes • mastering diabetes in preschools & schools • moving on up: transitioning to adult health care services • travel & type 1 diabetes 	National Diabetes Services Scheme (NDSS) & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/about-diabetes/resources/	Online	FREE

CHILD & ADOLESCENT DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
PEER SUPPORT				
<i>Peer Support Program</i>	The Juvenile Diabetes Research Foundation (JDRF) offers a Peer Support Program which is a network of volunteers connecting people & families who have been affected by type 1 diabetes. The Peer Support Program provides an opportunity to talk to someone who is experienced in dealing with T1D, who can give practical help & advice to help manage the learning curve.	Juvenile Diabetes Research Foundation Ph: (07) 3046 2700 www.jdrf.org.au/peer-support-program/		
CAMPS				
<i>Camps for Children & Teens with Diabetes</i>	Diabetes Qld coordinates camps for children & teens to share their experiences managing diabetes. They also combine some camps with family education conferences.	Diabetes Queensland Ph: Ph: 1300 36 588 www.diabetesqld.org.au/get-involved/what's-on.aspx?events=current&category=16330	Check dates & locations	Contact provider

PREGNANCY & DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INDIVIDUAL CARE				
<i>Health Care Team</i>	Diabetes is best managed with the support of a diabetes healthcare team. Whilst you're the most important member, please refer to Page 5 for a list of health professionals you may wish to have in your circle of care.			
EDUCATION				
<i>Pregnancy & Diabetes – Plan for the best start</i>	An information evening for women living with type 1 or type 2 diabetes & their partners, who are preparing for a healthy pregnancy. Presentations from a panel of local health experts.	Diabetes Queensland Ph: 1300 136 588 E: events@diabetesqld.org.au	Contact provider	FREE
ONLINE RESOURCES				
<i>Managing Diabetes - Pregnancy</i>	A webpage that provides online information about specialised services to support women with diabetes both during pregnancy & when planning pregnancy.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/managing-diabetes/type-1-diabetes/pregnancy.aspx	Online	FREE
<i>Pregnancy & Diabetes Website</i>	The Diabetes & Pregnancy website contains information for women with type 1 & type 2 diabetes, as well as their partners, family & friends. The site includes frequently asked questions & resources to download or order online.	National Diabetes Services Scheme & Diabetes Australia Ph: 1300 136 588 www.pregnancyanddiabetes.com.au	Online	FREE
<i>Pregnancy & Type 1 Diabetes : Can I have a healthy baby?</i>	A booklet jointly produced by the T1DN & the NDSS to help Mums and bubs get the best start	Type 1 Diabetes Network www.t1dn.org.au/wp-content/uploads/2013/11/CanIHaveAHealthyBaby2008.pdf	Online	FREE
WELLBEING SUPPORT				
<i>Physical, Emotional & Social</i>	Maintaining physical, emotional & social health is key to managing all types of diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.			

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
HEALTH CARE TEAM				
<i>Health Care Team</i>	Diabetes is best managed with the support of a diabetes healthcare team. Whilst you're the most important member, please refer to Page 5 for a list of health professionals you may wish to have in your circle of care.			
INDIVIDUAL CARE				
<i>Aboriginal & Torres Strait Islander Diabetes Clinic</i>	The A&TSI Diabetes Clinic is for persons over 18 years of age. Participants must be referred by their GP or health specialist. They're encouraged to bring their blood sugar book & machine & to have their HbA1c checked. The Clinic is run fortnightly by an A&TSI Health Worker & Credentialed Diabetes Educator & monthly by an Endocrinologist/Diabetes Specialist	Sunshine Coast Diabetes Service & Aboriginal & Torres Strait Islander Health Team Ph: (07) 5436 8984 Referrals to be faxed to: (07) 5202 0555 E: SC-scu-h-acc-referrals@health.qld.gov.au	Every 2 nd & 4 th Tuesday Diabetes Service, Caloundra Hospital	FREE
<i>North Coast Aboriginal Corporation for Community Health (NCACCH) – Chronic Disease Management Program</i>	The CDMP provides eligible clients with a Health Advocate who assists clients to arrange appointments & services for care and encourages GP attendance, medicine compliance & disease self-management. Eligibility: clients with type 1 or type 2 diabetes; current NCACCH Health Access Card; current care plan & completed health check (715). GP referral required.	North Coast Aboriginal Corporation for Community Health - Chronic Disease Management Program Team Ph: (07) 5346 9800 Referrals faxed to: (07) 5335 1272 or E: cdmpsupport@ncacch.org.au	Sunshine Coast & Gympie region	FREE
EDUCATION				
<i>Diabetes Yarning Workshop</i>	The Diabetes Yarning workshop is a community-based, interactive program designed specifically for A&TSI people living with, or at risk of, type 2 diabetes. The one-day workshop provides culturally appropriate education about the impact of type 2 diabetes in A&TSI communities.	Diabetes Queensland Ph: 1300 136 588 E: info@diabetesqld.org.au	Contact provider	FREE
INFORMATION RESOURCES				
<i>A&TSI People Resources</i>	Pictorial guides, gestational diabetes booklets, NDSS posters & brochures, online peer support program brochures, the Diabetes Story App	Diabetes Queensland Ph: 1300 136 588 www.diabetesqld.org.au/managing-diabetes/aboriginal-and-torres-strait-islander/aboriginal-and-torres-strait-islander-people-resources.aspx	Order or download online	FREE
<i>Indigenous Women Health Pamphlets</i>	Four printed resources on topics including: alcohol & pregnancy, contraception, how to have a healthy baby & polycystic ovary syndrome.	National Diabetes Services Scheme & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/about-diabetes/resources/	Online	FREE

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INFORMATION RESOURCES continued...				
<i>Australian Indigenous HealthInfoNet – Diabetes</i>	Knowledge exchange portal about indigenous health issues.	Australian Indigenous ealthInfoNet Edith Cowan University Ph: (03) 9370 6336 www.healthinfonet.ecu.edu.au/learn/health-topics/diabetes/	Online	FREE
ONLINE RESOURCES				
<i>Diabetes & Me</i>	Online, short education videos & checklists to help Aboriginal & Torres Strait Islander people live well with diabetes.	Diabetes Queensland Ph: 1300 136 588 www.diabetesqld.org.au/managing-diabetes/aboriginal-and-torres-strait-islander/diabetes-and-me.aspx	Online	FREE
<i>NDSS Aboriginal & Torres Strait Islander People</i>	A webpage that provides links to videos, information & support to help Aboriginal & Torres Strait Islander people learn to manage diabetes & live well.	National Diabetes Services Scheme & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/living-with-diabetes/about-you/aboriginal-and-torres-strait-islander-peoples/	Online	FREE
ONLINE SUPPORT GROUP				
<i>Online Peer Support for Aboriginal & Torres Strait Islander People Living with Type 2 Diabetes</i>	The Aboriginal & Torres Strait Islander Online Peer Support program has been developed for A&TSI Queenslanders living with type 2 diabetes. Hosted in a closed Facebook Group, it follows the diabetes journey of several A&TSI peer volunteers on film. The peer volunteers are then available to interact online with participants. The volunteers share their experience with participants on a wide range of issues, including diagnosis, physical activity, healthy eating, family support & more. All participants have access to support services provided by Diabetes Qld.	Diabetes Queensland Ph: 1300 136 588 Erich Barkmeyer on Ph: 07 3506 0955 E: erichb@diabetesqld.org.au	Online	FREE
WELLBEING SUPPORT				
<i>Physical, Emotional & Social</i>	Maintaining physical, emotional & social health is key to managing all types of diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.			

CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
INDIVIDUAL CARE				
<i>Health Care Team</i>	Diabetes is best managed with the support of a diabetes healthcare team. Whilst you're the most important member, please refer to Page 5 for a list of health professionals you may wish to have in your circle of care.			
ONLINE RESOURCES				
<i>Diabetes: What You Need to Know</i>	A series of books containing comprehensive, yet easy-to-understand information about diabetes that is available in 20 languages.	Diabetes NSW & ACT, Diabetes Qualified www.diabetesqualified.com.au/resources/bilingual-resources/	Online	FREE
<i>Making Healthy Food Choices</i>	Pictorial guides developed especially for people from non-english speaking backgrounds that show photographs & images of hundreds of foods to help educate people with diabetes on healthy eating.	Diabetes NSW & ACT, Diabetes Qualified www.diabetesqualified.com.au/resources/bilingual-resources/	Online	FREE
<i>Multicultural Diabetes Portal</i>	The NDSS Multicultural Diabetes Portal provides health professionals with a range of diabetes resources, translated in 20 different languages. Topics include: <ul style="list-style-type: none"> • live well & save money with the NDSS card • diabetes related complications • live well with type 2 diabetes • life after gestational diabetes • pregnancy & diabetes • physical activity • healthy eating 	National Diabetes Services Scheme-NDSS & Diabetes Australia Ph: 1300 136 588 www.multiculturalportal.ndss.com.au www.ndss.com.au/about-diabetes/information-in-your-language/	Online	FREE
<i>People from Diverse Backgrounds</i>	A webpage that provides links to information in other languages, services & support.	National Diabetes Services Scheme-NDSS & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/living-with-diabetes/about-you/people-from-culturally-and-linguistically-diverse-backgrounds/	Online	FREE
WELLBEING SUPPORT				
<i>Physical, Emotional & Social</i>	Maintaining physical, emotional & social health is key to managing all types of diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.			

CARERS OF PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
ONLINE RESOURCES				
<i>Guidance for Carers</i>	Online links providing general guidelines for carers who are supporting someone with diabetes.	National Diabetes Services Scheme-NDSS & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/carers www.diabetesaustralia.com.au/for-family-and-carers	Online	FREE
<i>Factsheet: Caring for Someone with Diabetes</i>	This factsheet provides tips about what you can do to support your relative or friend with diabetes & how to take care of yourself.	National Diabetes Services Scheme-NDSS & Diabetes Australia Ph: 1300 136 588 www.ndss.com.au/about-diabetes/resources/find-a-resource/caring-for-someone-with-diabetes-for-family-and-friends-fact-sheet/	Online	FREE
WELLBEING SUPPORT				
<i>Physical, Emotional & Social</i>	Maintaining physical, emotional & social health is key to managing all types of diabetes. Refer to Page 11 for a range of local wellbeing programs, activities & supports.			

HEALTH PROFESSIONALS FOR PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
CONFERENCES				
<i>Australasian Diabetes Congress 2019 (ADS/ADEA Annual Scientific Meeting)</i>	The Australasian Diabetes Congress will bring together national & international experts to promote the exchange of clinical practices & research in diabetes. Scientists, researchers & clinicians working in diabetes are encouraged to register.	Australasian Diabetes Congress Ph: (03) 9417 1350 E: adc@thinkbusinessevents.com.au www.diabetescongress.com.au/	21 st -23 rd Aug 2019, International Convention Centre, Sydney	Member \$665-760
EDUCATION				
<i>2019 Diabetes Update Day</i>	Attend this annual event with Australia's leading experts in diabetes to discuss the future of managing diabetes, preventing & treating complications & clinical best practice. Designed for front-line health professionals to learn & network.	Diabetes Queensland Ph: 1800 177 055 E: events@diabetesqld.org.au www.diabetesupdateday.com.au/	Sat 19 th Oct 2019 Brisbane	Early bird \$125
<i>Aboriginal & Torres Strait Islander Health Workforce Forum</i>	A bi-annual, one-day, face-to-face workshop for the A&TSI health workforce. The aim of the program is to provide best practice education for all members of the A&TSI workforce who support clients living with diabetes.	Diabetes Queensland Ph: (07) 3506 0959 E: indigenoushealthunit@diabetesqld.org.au	6 th June 2019 Brisbane	FREE
<i>Blood Glucose Monitoring</i>	Blood Glucose Monitoring education sessions offer health workers supporting people living with diabetes, an evidence-based approach & a skills-based practical session.	Diabetes Queensland Ph: 1300 136 588 E: info@diabetesqld.org.au	Contact provider	FREE
<i>Health Professional eLearning</i>	Diabetes Queensland has partnered with Diabetes Qualified to deliver diabetes education & resources for health professionals via self-paced, online learning. Courses provide health professionals with the convenience to learn at their own pace & earn CPD hours. Programs include: <ul style="list-style-type: none"> • diabetes essentials • diabetes in practice for nurses • diabetes in practice for pharmacists • diabetes in practice for podiatrists • diabetes & exercise • Beat It Trainer • Let's Talk Diabetes podcast series • practical diabetes for disability support workers • webinars 	Diabetes Queensland & Diabetes Qualified www.diabetesqualified.com.au/	Online	Contact provider
<i>E-Learning, Reports & Research</i>	Diabetes Australia collates diabetes-related information for health professionals, including: 1) best-practice guidelines, 2) tools & e-learning, 3) recent reports into prevention, diagnosis & management of diabetes, 4) news about current diabetes research & 5) healthcare professional membership.	Diabetes Australia Ph: (02) 6232 3800 www.diabetesaustralia.com.au/for-health-professionals	Online	FREE

HEALTH PROFESSIONALS FOR PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
EDUCATION continued...				
<i>Events, Meetings, Resources & Webcasts</i>	The ADS is a peak medical & scientific body for diabetes in Australia. The ADS is a member-based organisation consisting of health professionals (endocrinologists, diabetes educators, primary care physicians & allied health professionals), as well as clinical & preclinical researchers. The ADS provides excellence in education for health professionals & promotes collaboration & research.	Australian Diabetes Society (ADS) Ph: (02) 9256 5462 E: admin@diabetessociety.com.au www.diabetessociety.com.au	Online	Subsidy for members
<i>Feltman/Feltmum Training for Health Professionals</i>	Feltman/Feltmum is a diabetes education tool designed for Aboriginal &/or Torres Strait Islander Health Workers/Practitioners, Registered Nurses, Allied Health Workers & those working with Aboriginal & Torres Strait Islander communities & clients. The resource is a life-sized felt mat that shows the key organs involved in & affected by diabetes. Its prime use is for teaching about diabetes prevention & diabetes management & it's used with individuals or in group sessions. The training sessions are approximately four hours with follow up support by the Diabetes Educator.	Diabetes Queensland Ph: 1300 136 588 E: info@diabetesqld.org.au	Contact provider	FREE
<i>Living with Type 1 Diabetes – for health professionals involved in type 1 diabetes</i>	An eLearning module, targeting health professionals involved in type 1 diabetes, to help them understand the experience of living with T1D.	Type 1 Diabetes Network www.t1dn.org.au/our-stuff/all-about-type-1-resources/living-with-type-1-diabetes/	Online	FREE
<i>Online Courses, Webinars, Podcasts, Conference Recordings & CDE Events</i>	The ADEA education portal provides online courses, information & resources focusing on diabetes for ADEA members only.	Australian Diabetes Educators Association Ph: (02) 6287 4822 E: enquiries@adea.com.au www.adea.com.au/lifelong-learning/	Online	Subsidy for members
<i>Shared Medical Appointments (SMA) Workshop: a quantum leap forward in chronic disease management & treatment</i>	Learn how to conduct Shared Medical Appointments & optionally, complete follow-up assessment & peer review to become an ASLM Certified SMA Facilitator by participating in this six hour training, either at a scheduled face-to-face workshop, online (recorded videos) or live webinar series. The workshop is designed for GPs, practice nurses, allied health practitioners & practice personnel. Attendance earns 24 points (or 4 points/hr) towards the ALSM Fellowship.	Australian Society of Lifestyle Medicine Ph: 1300 673 643 www.lifestylemedicine.org.au/shared-medical-appointments-workshop-for-practitioners-and-facilitators	Contact provider	\$385 Face-to-face \$285 On-line

HEALTH PROFESSIONALS FOR PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
EDUCATION continued...				
<i>Understanding Diabetes: Diabetes Education for Care Workers</i>	Understanding Diabetes is a two-hour workshop for personal care workers, assistants in nursing & other care providers who support & care for people living with diabetes. The aim of the program is to provide best practice education for care workers supporting clients in disability services, aged care, community clinics, rural settings & hospitals.	Diabetes Queensland Ph: 1300 136 588 E: info@diabetesqld.org.au www.diabetesqld.org.au/health-professionals/services-and-programs/for-health-professionals/understanding-diabetes.aspx	Contact provider	FREE
<i>Webinar Series – Diabetes Management for Health Professionals</i>	Online webinar series which provides up-to-date information to support clients with diabetes management. The webinars are pre-recorded, earn CPD points & can be watched in your own time.	Diabetes Queensland Ph: 1300 136 588 E: health@diabetesqld.org.au www.diabetesqld.org.au/get-involved/what's-on/2019/june/diabetes-management-for-hps-webinar-series.aspx	from 30 th June 2019 online - anytime	\$40
EPIDEMIOLOGY				
<i>Australian Diabetes Map</i>	The Australian Diabetes Map is the only national map monitoring the prevalence of diabetes in Australia. It contains data derived from the National Diabetes Services Scheme (NDSS) Registrant database & the Australian Bureau of Statistics (ABS) & shows people diagnosed with diabetes that are registered on the Scheme. The map reflects diabetes prevalence rates at a national, state, local & postcode level. It also provides information on age, gender, type of diabetes, A&TSI status & socio-economic disadvantage.	National Diabetes Services Scheme-NDSS Ph: 1300 136 588 www.ndss.com.au/diabetes-map	Online	FREE
INFORMATION RESOURCES				
<i>Diabetes Management Journal</i>	A quarterly publication established as a direct line of regular communication between Diabetes Australia & frontline healthcare providers in the field of diabetes management. Provides messages about optimum care for people with diabetes & the latest developments in diabetes management.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/publications/diabetes-management-journal.aspx	Online	FREE
<i>Diabetes Network</i>	A newsletter for health professionals in Queensland sent out eight times per year. Diabetes Network provides updates on events for health professionals & activities across the state.	Diabetes Queensland Ph: 1800 177 055 www.diabetesqld.org.au/publications/diabetes-network.aspx	Online	FREE

HEALTH PROFESSIONALS FOR PEOPLE WITH DIABETES: SERVICES & SUPPORT

Service	Description & Eligibility	Contact	Date & Location	Cost
NETWORKING				
<i>Diabetes Prevention Partnership (DiPP)</i>	The Diabetes Prevention Partnership (DiPP) is a local network, bringing diabetes service providers together from the Sunshine Coast & Gympie. DiPP promotes joint understanding, information sharing, promotion, planning & action. Local health professionals who support clients living with diabetes, or those at-risk are encouraged to join. DiPP is currently supported by preventive, sub-acute & acute services of the Sunshine Coast Hospital & Health Service, Diabetes Qld, CQWBSC Primary Health Network, North Coast Aboriginal Corporation for Community Health & a consumer.	Sunshine Coast Hospital & Health Service, Community Chronic Conditions, Healthy Lifestyle Team Ph: (07) 5202 9772 or ext. 771	Meets every 8 weeks at Maroochydore	FREE
PROFESSIONAL MEMBERSHIP				
<i>Australian Diabetes Educators Association (ADEA)</i>	ADEA is Australia's peak professional organisation in diabetes education. It actively promotes best practice diabetes education to ensure optimal health & wellbeing for all people affected by & at risk of diabetes. ADEA has much to offer health professionals who are interested in diabetes care. If you are a diabetes educator, or have an interest in diabetes education, you can join.	Australian Diabetes Educators Association Ph: (02) 6287 4822 E: enquiries@adea.com.au www.adea.com.au/		
<i>Australian Diabetes Society (ADS)</i>	The ADS is the peak national medical & scientific body in Australia for diabetes. The ADS is a member-based organisation consisting of health professionals (endocrinologists, diabetes educators, primary care physicians & allied health professionals), as well as clinical & preclinical researchers. The ADS mission is to prevent diabetes & its complications; provide excellence in education for health professionals; promote collaboration, research & education; work with other organisations committed to improved diabetes treatment & care & advocate for health policies around diabetes & its prevention.	Australian Diabetes Society Ph: (02) 9256 5462 www.diabetessociety.com.au/Index.asp		

Glossary of Diabetes

Gestational Diabetes Mellitus (GDM)

GDM is a form of diabetes that occurs during pregnancy. It most commonly occurs in the 24th to 28th week of pregnancy. Most women will no longer have diabetes after their baby is born. However, some women will continue to have high blood glucose levels after delivery. GDM is diagnosed when higher than normal blood glucose levels first appear during pregnancy.

Pre-diabetes

Pre-diabetes describes a condition in which blood glucose levels are higher than normal, although not high enough to be diagnosed with type 2 diabetes. Pre-diabetes has no signs or symptoms. People with pre-diabetes have a higher risk of developing type 2 diabetes & cardiovascular disease. Two million Australians have pre-diabetes & are at high-risk of developing type 2 diabetes. Without sustained lifestyle changes, including healthy eating, increased activity & losing weight, approximately one in three people with pre-diabetes will go on to develop type 2 diabetes.

Type 1 Diabetes (T1D)

T1D (insulin dependent diabetes) is an auto-immune condition in which the immune system destroys the cells in the pancreas which produce insulin. It's not known what causes this auto-immune reaction. Type 1 diabetes is not linked to modifiable lifestyle factors. There is no cure & it cannot be prevented. Diagnosis usually occurs during childhood or adolescence. Onset is usually abrupt & the symptoms obvious such as excessive thirst & urination, unexplained weight loss, weakness & fatigue & blurred vision. It is managed with insulin injections several times a day or the use of an insulin pump.

Type 2 Diabetes (T2D)

T2D is a progressive condition in which the body becomes resistant to the normal effects of insulin or loses the capacity to produce enough insulin in the pancreas. It represents 85-90% of all cases of diabetes. It's not known what causes type 2 diabetes, but it's commonly associated with lifestyle & genetic risk factors. Diagnosis usually occurs in adults over 45 years of age. It can be managed with a combination of regular physical activity, healthy eating & weight reduction. However, as type 2 diabetes is often progressive, most people will need oral medications &/or insulin injections, in addition to lifestyle changes over time.

Diabetes Risk

Diabetes risk is greatly increased if people display lifestyle risk-factors including high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist. These lifestyle factors can be modified to reduce diabetes risk. However, other diabetes risk-factors are not amendable to change, including: family history of diabetes/genetic predisposition, age (over 45 years), cultural background (Aboriginal & Torres Strait Islander, Pacific Islander, Indian subcontinent or Chinese), or women who have had gestational diabetes, given birth to babies over 4.5 kgs (9lbs) or have had Polycystic Ovarian Syndrome.

Insulin Resistance

Insulin resistance occurs when the body doesn't respond as well to the insulin that the pancreas is making & glucose is less able to enter the cells. This increases the risk of developing pre-diabetes & eventually type 2 diabetes.

Glossary of Diabetes continued

Genetic Syndrome Conditions-induced Diabetes

Diabetes maybe associated with many genetic disorders. There is an increased frequency of diabetes among persons with Klinefelter's Syndrome, Turner's Syndrome & possibly Down's Syndrome.

Injured Pancreas-induced Diabetes

Pancreatitis, pancreatic cancer & trauma can all harm the beta cells or make them less able to produce insulin, resulting in diabetes. If the damaged pancreas is removed, diabetes will occur due to the loss of the beta cells.

Late-onset Autoimmune Diabetes in Adulthood (LADA)

LADA is a slow-progressing form of autoimmune diabetes. Like the autoimmune disease type 1 diabetes, LADA occurs because the pancreas stops producing adequate insulin. It's not known what causes LADA, but it's suggested it's linked to an incident that slowly damages the insulin-producing cells in the pancreas. Unlike type 1 diabetes, people with LADA do not require immediate insulin, instead it's required several months or years after diagnosis. LADA is often referred to as type 1.5 diabetes and a subtype of type 1 diabetes. People with LADA are often misdiagnosed with type 2 diabetes, as they're usually over 30 years of age and initially their pancreas still produces some insulin.

Maturity-onset Diabetes of the Young (MODY)

MODY is an inherited form of diabetes mellitus. It's caused by a change in one of eleven genes. Up to 5% of all diabetes cases may be due to MODY. Just like other people with diabetes, people with MODY have trouble regulating their blood sugar levels. This disorder is more like type 1 diabetes than type 2, although it can be confused with either type. MODY is more likely to affect adolescents and young adults, but it can occur at any age. There are eleven different types of MODY caused by changes in eleven different genes.

Medication Induced Diabetes

Certain drugs can cause transient hyperglycaemia in over dosage. Certain others, namely corticosteroids & some anti-psychotic medications can cause permanent diabetes.

Your Notes

Your Notes continued...



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