

Media statement

2 December 2019

New Diabetes Directory helps diabetics connect

Sunshine Coast Hospital and Health Service (SCHHS) has worked with the local Diabetes Prevention Partnership (DiPP) to create a Diabetes Directory, linking residents with diabetes to local services and support networks.

Robyn Tindal, co-author and diabetes consumer said: “The directory is designed to take the hard work out of finding services for people with diabetes, so they can connect and establish a circle of support.

“I know from personal experience, navigating the maze to find support is overwhelming and lonely when first diagnosed with diabetes.

“It’s important to give yourself time to accept the diagnosis and then to set about finding services to help you live a healthy life and prevent complications,” Ms Tindal said.

SCHHS Healthy Lifestyle Program Coordinator Jenny O’Dwyer co-authored the directory and said: “Having input from Robyn and other consumers has meant that the Diabetes Directory is tailored to meet the needs of people living with diabetes.

“It’s an essential resource for local people with diabetes to be able to surround themselves with information, knowledge and the support of an expert healthcare team.

“The Diabetes Directory lists a broad range of local diabetes services and supports in one place, to make access that much easier,” Ms O’Dwyer said.

The Diabetes Directory is relevant for people living with pre-diabetes, type 1 diabetes, type 2 diabetes, child and adolescent diabetes and gestational diabetes.

It also lists services and support for Aboriginal and Torres Strait Islanders, culturally and linguistically diverse communities, families and carers.

The directory was developed to support the 19,000 residents currently living with diabetes in the Sunshine Coast and Gympie regions (5 per cent of the total population).

The Diabetes Directory will be released on 4 December at a local education session for people diagnosed with type 2 diabetes. These workshops are delivered monthly by the Sunshine Coast Hospital and Health Service at Caloundra, Maroochydore and Gympie.

The directory can be accessed online [here](#), or by phoning (07) 5202 9771 or email SC-T2D-Education@health.qld.gov.au

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Sunshine Coast Hospital and Health Service

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