Your Diabetes Care Pathway
For people with type 1 diabetes

You will have ongoing checks with your GP/Endocrinologist/Diabetes Physician and referrals made to specialist Diabetes Care Team members as needed.

**First week**
- Assessment and initial education
  - Understand you and your diabetes

**First 2 months**
- Weekly education according to diabetes management plan
  - Education to prevent and manage complications

**Every 3 months**
- Education to prevent and manage complications

**12 months**
- Annual review

**Your Diabetes Care Team members**
- **Family and/or Carers**
- **Other support networks**
- **Primary Care Nurse**
- **Endocrinologist/Diabetes Physician**
  - Regular medical review every 3 months
- **Dietitian**
  - Food and nutrition advice
- **Exercise Physiologist/Physiotherapist**
  - Tailored exercise program
- **Podiatrist**
  - Foot education and examination
- **Optometrist/Ophthalmologist**
  - Comprehensive eye examinations (at least every 2 years)
- **Psychologist/Counsellor/Social Worker**
- **Pharmacist**
  - Advice on your medications
- **Interpreter**
- **Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder**

Contact your CDE anytime, including if:
- Changes in your personal life
- You need general advice or support
- Changes in your health care needs/medication

For more information and to find a CDE visit: www.adea.com.au

**General Practitioner (CP)**

**Credentialled Diabetes Educator (CDE)**

**Ongoing cycle of care/education**

Follow up phone call/email support and problem solving