Diagnosis or development of a diabetes management plan

Assessment and initial education
Understand you and your diabetes

Annual medical review and referrals to other Diabetes Care Team Members

Medications, lifestyle and complications
Education to prevent and manage complications

Review and goal setting

Your Diabetes Care Team members

Family and/or Carers
Other support networks
Primary Care Nurse
Dietitian: food and nutrition advice
Exercise Physiologist/Physiotherapist: tailored exercise program
Endocrinologist/Diabetes Physician: referral by GP if required
Podiatrist: foot education and examination
Optometrist/Ophthalmologist: eye examinations (at least every 2 years)
Psychologist/Counsellor/Social Worker: mental health support
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/medications

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