

My team *is* **BRHS**

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.



We welcome feedback at:

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Diabetes Education
Community Health

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.

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Bairnsdale Regional Health Service is located on the traditional land of the Gunai Kurnai people.

What is Diabetes Education?

Diabetes educators are specially trained nurses who can help you learn how to look after your own health. They see anyone with diabetes and their families, including women with pregnancy related diabetes and people at risk of getting diabetes.

The Aims of this service.

To help you learn about diabetes so you feel confident about looking after your own health and are as healthy as you can be.

Topics they will talk about.

- What is diabetes and how to manage it?
- How to control your blood sugar levels at home.
- What to do when you are sick.
- How to give insulin injections.
- How to keep healthy with diabetes.

What is the cost?

- No cost to see a diabetes educator.

Group talks.

The diabetes educators can come to your community group to give a talk on diabetes. They also provide training sessions for other health providers, workplaces and schools.

Diabetes lifestyle group

Held four times a year this program is for anyone with diabetes. Family members and carers are also invited.

It will help you understand diabetes and how it affects your body. You will also learn how to keep your blood sugar levels within a healthy range. You will hear about the best foods and drinks for people with diabetes and why regular exercise is important. There will be lots of information and ideas to help you stay healthy including super market tour.

Length of the program

- 2½ hours per week for 4 weeks.

Cost of the program.

- \$7.40 per session for low or middle income.
- \$20.00 per session for high income.
- No charge for partners or carers.

The Community Health Centre is open

Open Monday to Friday 8.30am to 4.30pm

48 Ross St, Bairnsdale

We want to make sure you are involved with the treatment you receive by helping you do as much as you can for yourself to help you stay independent.

Right from the start we will talk with you about why you have come to us and work out what you want to get out of your visit. With your help we will work out a care plan to help you reach our personal goals.

You might like to think about this before your visit and bring your ideas with you.

