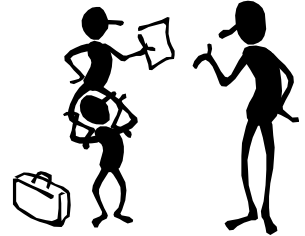


Your health care team

Diabetes self care does not mean doing it alone. Your team can include anyone who offers you help, knowledge and support and can include your family and friends as well as health professionals. You are the captain of the team and its most important member.

As captain, you are largely responsible for keeping the team on track. You will be responsible for day-to-day monitoring and treatment. You are also in charge of the exercise and healthy eating program. It is up to you to keep the team members informed of what is happening and what you need.



Who is in the team?

General practitioner

The general practitioner has a central role in overall assessment and management. Be in contact with your general practitioner regularly to monitor your diabetes. Discuss any problems as soon as they arise.

Other members of your team, including specialists will liaise with your GP.

Diabetes educator

The diabetes educator will provide you with information to manage your diabetes. They can also help you develop action plans for everyday care and the unexpected (eg low or high blood glucose).

Dentist

The dentist assesses oral health and provides treatment.

Dietitian

The dietitian can provide you with information and ideas for healthy eating.

Endocrinologist

The endocrinologist is a specialist who sees people with diabetes, especially those with type 1 diabetes or those who are pregnant. Endocrinologists can also advise on management.

Ophthalmologist

The ophthalmologist is an eye specialist who can monitor any changes in your eyes and provide treatment.

Optometrist

The optometrist assesses eye health and prescribes your glasses. Some optometrists can screen for eye problems and refer to an eye specialist.



Pharmacist

The pharmacist prepares and dispenses medicines. They also give advice about how best to manage your medicines.

Physiotherapist/exercise physiologist

The physiotherapist / exercise physiologist can give advice about exercise choices.

Podiatrist

Your podiatrist provides specialist treatment and support for foot problems.

Psychiatrist

The psychiatrist is a medical specialist who can help people who have emotional or psychological problems.

Psychologist

The psychologist counsels people with emotional and psychological problems. The psychologist can also help you with making lifestyle changes such as giving up smoking.

Social worker

The social worker can provide counselling to people with diabetes and families regarding personal and family problems. Social workers also counsel people regarding the emotional aspects of illness.



Planning for good health

Keeping a record of who your team members are will help you plan your care. Record phone numbers and appointment dates in an easy to get to location.

Some people find using a notebook and small diary helpful. A notebook will help you keep track any advice and give you a place to write questions for your next appointment. A diary will help you keep track of the different appointments.

Key points to remember

- > Your team is there to help you.
- > Be sure to question anything you do not understand or are not happy about.
- > You have the right to a clear explanation about your diabetes and treatment plan.
- > Ask for help when something changes or you are unsure.



For more information

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Disclaimer: This resource is not a substitute for, nor is it intended to replace, the services of a qualified health practitioner.