

Your care plan

There are many things that you can do to keep your diabetes care on track. Here are some suggestions to help you identify what you can do to reduce the risks of developing problems from diabetes and how you can keep track of your self care and your medical care.

Where are you with your self care?

Use the simple checklist below to assess where you are in terms of your diabetes management and understanding. If you answer no to any of the questions, you may like to consider seeking help from your GP or a diabetes educator, dietitian, counsellor or podiatrist.

How healthy is your lifestyle?		
Exercise: 30 minutes a day on most days of the week	YES	NO
Eating: Are you following a healthy eating plan?	YES	NO
Weight: Are you at your most healthy weight?	YES	NO
Alcohol: No more than 2 standard drinks a day	YES	NO
Non Smoker (QUIT SA)	YES	NO
Do you understand?		
What eating plan can assist you to manage your diabetes	YES	NO
Your type of diabetes	YES	NO
Your blood glucose results	YES	NO
Your medications	YES	NO
Your foot care	YES	NO
Your sick day plan	YES	NO
Driving and insurance requirements	YES	NO
Have information about		
Medical alerting identification	YES	NO
The National Diabetes Services Scheme (NDSS)	YES	NO
Diabetes Australia	YES	NO
Are your immunisations up to date?		
Flu (yearly)	YES	NO
Pneumonia (5 yearly)	YES	NO
Tetanus (after age 50)	YES	NO



Are you on target?		
A1c test – under 7%	YES	NO
Blood Pressure – under 130/80	YES	NO
Cholesterol – total under 4	YES	NO
Are your reviews on schedule?		
Eyes (1-2 yearly)	YES	NO
Kidney (microalbuminuria yearly test)	YES	NO
Feet (circulation & sensation yearly)	YES	NO
Medications (pharmacist review if needed)	YES	NO
Teeth (yearly)	YES	NO

Your diabetes self care

Now you can tackle the things that are not going so well. Make a list of the things you want to talk to your GP or diabetes health professional about.

Key points to remember

Take this form to your next diabetes appointment as it may help you remember what you want to focus on. You and your doctor might like to work out a 'plan' for your self care.

Where can I go for more information?

Diabetes Outreach

www.diabetesoutreach.org.au

Diabetes Australia

www.diabetesaustralia.com.au

Dietitian Association of Australia

www.daa.asn.au

Australasian Podiatry Council

www.apodc.com.au

Australian Diabetes Educators Association

www.adea.com.au

For more information

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