

Your health care team

Diabetes self care does not mean doing it alone. Your diabetes care team helps a lot. 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 it's most important member. Your co-operation, guidance – and effort lead the rest of the team.

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 of what may need to be done.



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 the unexpected (e.g. low or high blood glucose).



Dentist

The dentist assesses oral health and provides treatment.

Dietitian

The dietitian can provide you with individualised information about 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.

Pharmacist

The pharmacist prepares and dispenses drugs and medicine. They can also give advice about your medicines.

Physiotherapist

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

Podiatrist

Your podiatrist will advise you on how to keep your feet healthy and treat 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 individuals and families regarding personal and family problems. Social workers also counsel people regarding the emotional aspects of illness.



Points to remember

Your team is there to help you win.

Be sure to question anything you don't understand or are not happy with. You have the responsibility to lead the team but remember just as you have responsibilities you also have rights.

You have the right to professional health services. You also have the right to a clear explanation about your diabetes and treatment plan. Finally you also have the choice in what effects you.

Remember YOU are the important member and leader in the team. A team approach will win the goals

For more information

Diabetes Outreach
8 Woodville Rd
Woodville South SA 5011
Telephone: (08) 8222 6775
www.diabetesoutreach.org.au