

SECTION 15

Resources

Community resources

The National Diabetes Services Scheme

This scheme is funded by the Commonwealth Government and administered by Diabetes Australia – a partnership which provides significant benefits for people with diabetes.

The scheme provides:

- free insulin syringes
- free needles for insulin injection devices
- subsidised blood glucose testing strips
- subsidised urine testing strips
- subsidised insulin pump consumables.

For further information contact a Diabetes Australia office on 1300 136 588 (local call cost).

Diabetes Australia

Diabetes Australia is the national coordinating organisation representing consumers (people with diabetes), research organisations, doctors and other health professionals with a special interest in diabetes.

Diabetes Australia administers the National Diabetic Services Scheme (NDSS) which offers subsidised prices for reagent strips, free syringes and needles and subsidised insulin pump consumables to Australians with diabetes. Diabetes Australia also has a comprehensive range of approved, educational material on diabetes management.

Contact phone numbers for diabetes associations in each capital city:			
	TELEPHONE		FAX
Australian Capital Territory	(02)	6232 3800	(02) 6230 1535
New South Wales	(02)	9552 9900	(02) 9660 3633
Northern Territory	(08)	8927 8488	(08) 8927 8515
Queensland	(07)	3506 0999	(07) 3506 0909
South Australia	(08)	8234 1977	(08) 8234 2013
Tasmania	(03)	6234 5223	(03) 6234 5828
Victoria	(03)	9667 1777	(03) 9667 1778
Western Australia	(08)	9325 7699	(08) 9221 1183

The services provided include the following.

- Friendly, knowledgeable staff willing to assist with questions and enquiries about diabetes or refer you to appropriate health professionals.
- A comprehensive range of brochures and diabetes information sheets to assist in managing diabetes.
- A quarterly publication, 'CONQUEST' which focuses on medical articles and research of professional note.
- Arranging annual camps for children and 'parents and children' to assist with diabetes management and education.
- A lobby group presenting the views of people with diabetes to government.
- Seminars and information days held throughout the year on a variety of topics to help people with their diabetes management.

National Office:

Level 2 103-105 Northbourne Ave

TURNER ACT 2612

Telephone: (02) 6232 3800 Fax: (02) 6230 1535

Other member organisations of Diabetes Australia:

Australian Diabetes Society

Australian Diabetes Educators Association

Diabetes Research Foundation of Western Australia

Kellion Diabetes Foundation

Health care facilities in South Australia

Metropolitan hospitals

The following South Australian hospitals provide a service for diabetes care and education.

Name	Telephone
Flinders Medical Centre Flinders Drive, Bedford Park SA 5042	(08) 8204 5511
Lyell McEwen Health Service Haydown Road, Elizabeth Vale SA 5113	(08) 8182 9000
Modbury Hospital Smart Road, Modbury SA 5092	(08) 8161 2000
Repatriation General Hospital Daws Road, Daw Park SA 5041	(08) 8276 9666
Royal Adelaide Hospital North Terrace, Adelaide SA 5000	(08) 8222 4000
The Queen Elizabeth Hospital 28 Woodville Road, Woodville SA 5011	(08) 8222 6000
Women's & Children's Hospital 72 King William Road, North Adelaide SA 5006	(08) 8161 7000

Private

Ashford Community Hospital 55 Anzac Highway, Ashford SA 5035	(08) 8375 5222
Burnside War Memorial Hospital 120 Kensington Road, Toorak Gardens SA 5067	(08) 8202 7222
Flinders Private Hospital 1 Flinders Drive, Bedford Park SA 5042	(08) 8384 9222
Noarlunga Private Hospital Alexander Kelly Drive, Noarlunga SA 5168	(08) 8384 9372
Western Hospital 168 Cudmore Terrace, Henley Beach SA 5022	(08) 8356 1222

Rural diabetes health services

Hills, Mallee, Southern Region

Kingscote	8553 4231	Kangaroo Island CHS
Mount Barker	8393 1833	Mt Barker CHS
Murray Bridge	8535 6800	Murray Mallee CHS
Victor Harbor	8552 0600	Southern Fleurieu HS

Wakefield Region

Angaston	8564 2996	Barossa CHS
Clare	8842 6555	Lower North CHS
Gawler	8521 2000	Gawler Health Service
Minlaton	8853 2380	York Peninsula HS
Walleroo	8823 3122	Walleroo CHS
Yorketown	8852 1200	Yorketown HS

Mid North Region

Laura	8663 3100	Hospital
Peterborough	8651 0400	Hospital
Pt Pirie	8638 4693	Regional Health Service

Riverland Region

Berri	8580 2500	Riverland Regional HS
-------	-----------	-----------------------

South East Region

Bordertown	8752 9000	Hospital
Kingston	8767 0238	Community Health
Mt Gambier	8721 1460	South East Regional HS
Naracoorte	8762 8160	Community Health Service

Eyre Peninsula Region

Ceduna	8626 2110	Hospital
Cleve	8628 2399	Hospital
Cummins	8676 2101	Hospital
Kimba	8627 2400	Hospital
Pt Lincoln	8683 2077	Community Health Centre
Streaky Bay	8626 1009	Mid West Health Hospital

Whyalla, Flinders & Far North Region

Pt Augusta	8648 5500	Hospital
Whyalla	8648 8300	Whyalla Hospital and HS
Cooper Pedy	8672 5009	Hospital & HS

Broken Hill

Broken Hill	8088 5441	Regional Diabetes Centre
-------------	-----------	--------------------------

Community health centres

Community health centres may also provide diabetes services. Contact the local community health centre for information about services provided. Look under Community Health Centres in the business section of the white pages.

Home nursing services

Home Nurses (Private)
Royal District Nursing Service

(08) 8372 4999
1300 364 264

General resources in South Australia

Exercise

There are a wide variety of commercial organisations which offer fitness and exercise programs. Most centres are staffed by accredited fitness instructors but the cost to attend classes can be high. The Office for Recreation and Sport, can provide advice on choosing a fitness centre. Telephone: (08) 7424 7677.

It is worth checking Community and Neighbourhood Centres, Community Health Centres, church organisations and other community groups to see what exercise facilities are offered locally.

Support / psychological

Relationships Australia provides courses that develop self-understanding, self-confidence and skills in communication, assertion and stress management for teenagers and adults. The Relationships Australia Bookshop has a wide range of books dealing with human relations and self development. A lending library service is also available. For more information, contact:

Australian Institute of Social Relations
Human Relations Training Centre
49a Orsmond Street HINDMARSH SA 5007
Telephone: (08) 8245 8100 Fax: (08) 8346 7333

Relationships Australia 49A Orsmond St
Bookshop and Library HINDMARSH SA
Telephone: (08) 8245 8111

Aboriginal health services

Aboriginal Health Council of SA
9 King William Rd
UNLEY SA 5061
Telephone: (08) 8273 7200

Disability Information and Resource Centre Inc.

195 Gilles Street
ADELAIDE SA 5000
Telephone: (08) 8236 0555 Fax: (08) 8236 0566
SA only: 1300 305 558

Telephone Interpreter Services

This is a 24 hour service available for those having difficulty communicating in English. For further information contact:

Translating & Interpreting Service (T.I.S.)
Commonwealth Department of Immigration
& Multicultural Affairs
55 Currie Street
ADELAIDE SA 5000 Telephone: 13 1450 (local call cost only)

Professional organisations

- Australian Diabetes Educators Association
- Dietetics Association of Australia
- Australian Podiatry Association
- The Australian Nutrition Foundation
- National Heart Foundation
- Australian Kidney Foundation
- Exercise Physiologists
- Psychology Association

Resources for the visually impaired

Guide Dogs SA.NT
251 Morphett Street
ADELAIDE SA 5000 Telephone: (08) 8203 8333

Royal Society for the Blind
230 Pirie Street
ADELAIDE SA 5000 Telephone: (08) 8232 2444

For help to quit smoking

Quitline Telephone: 137 848

Cancer Council 202 Greenhill Road EASTWOOD SA 5063
Telephone: (08) 8291 4111

Drug and Alcohol Services 161 Greenhill Road PARKSIDE SA 5063
Telephone: (08) 8274 3333
OR: 1300 131 340- 24hr confidential counselling and information

Heart Foundation 155 Hutt Street ADELAIDE SA 5000
Telephone: (08) 8224 2888

Health promotion units

Flinders Medical Centre	Flinders Drive, BEDFORD PARK SA 5042 Telephone: (08) 8204 5511 and ask the switchboard to put you through to the health promotion unit.
Royal Adelaide Hospital	North Terrace ADELAIDE SA 5000 Telephone (08) 8222 4000 and ask the switchboard to put you through to the health promotion unit.
SA Health	11 Hindmarsh Square ADELAIDE SA 5000 PO BOX 287 Rundle Mall 5000 Telephone: (08) 8226 6000 and ask the switchboard to put you through to the health promotion unit.

Pharmaceutical companies

The following organisations supply equipment and can provide information and assistance with teaching resources:

Abbott Diagnostics
32 – 34 Lord Street
Botany NSW 2019
Telephone: 612 9384 9700

Alpha Pharm
Corner Wentworth Park Road
and Bay Street
GLEBE NSW 2037
Telephone: (02) 9298 3999

Astra Zeneca
PO BOX 131
NORTH RYDE NSW 1670
Telephone: 1800 805 342

Bayer Australia Ltd
254 Halifax Street
ADELAIDE SA
Telephone: 08 82223 6077

BD Medical Systems
4 Research Park Drive
Macquarie University Research Park
North Ryde NSW 2113
Telephone: 612 8875 7000

Bristol-Myers Squibb Australia
556 Princes Highway
NOBLE PARK VIC 3174
Telephone (03) 9213 4000

Hoechst Australia
86 Peters Avenue
MULGRAVE VIC 3170
Telephone: (07) 3260 5324

Eli Lilly Australia
112 Wharf Road
West Ryde NSW 2114
Telephone: (02) 9325 4444

National Diagnostic Products (Aust) Pty Ltd
Unit 22, 39 Herbert Street
St Leonards NSW 2065
Telephone: (02) 9432 8100

Novo-Nordisk Pty Ltd
PO BOX 7856
Baulkam Hills NSW 2153
Telephone: 1800 224 321

Pfizer Pty Ltd
38 – 42 Wharf Road
WEST RYDE NSW 2114
Telephone: (02) 9850 3333
Or: 1800 999 543

Roche Diagnostics (Australia) Pty Ltd
31 Victoria Avenue
CASTLE HILL SA 2154
Telephone: 1800 802 409

Sanofi Aventis
Talavera Corporate Centre, Building D
12 – 24 Talavera Road
Macquarie Park NSW 21113
Telephone: (02) 8666 2000

Servier Laboratories
8 Beulah Road
NORWOOD SA 5067

Telephone: (08) 8132 5555
Or: 1800 331 675

Terumo Corporation
PO BOX 366
TORRENS PARK SA 5062

Telephone: 0412 829 736