



# Diabetes Management

## Getting to know your healthcare providers

After your diagnosis you should speak to your general practitioner (GP) who can work with you to prepare a diabetes care plan. This plan encourages you to be actively involved in your care. While it specifically relates to the management of your diabetes, your general health and wellbeing will also be considered. The care plan will identify the health professionals that can support you to manage your diabetes. These may include:

- Aboriginal health workers
- dietitians
- exercise physiologists
- nurses
- optometrists
- other doctors, including specialists
- pharmacists
- physiotherapists
- podiatrists
- psychologists



Some of these healthcare professionals will be Credentialled Diabetes Educators (CDE), who are certified by the Australian Diabetes Educators Association. A CDE can provide:

- Support and assistance for those with diabetes
- Education and training
- Clinical care and management
- Information, knowledge, skills and strategies for managing diabetes
- Assistance with setting goals for self-management.

You can receive rebates on services provided by a CDE through:

- Medicare Australia
- Department of Veterans' Affairs
- Some private health insurers.

You should register with the NDSS as soon as you are diagnosed with diabetes. This will give you access to subsidised diabetes products and support services to assist you to self-manage your life with diabetes. Registration for the NDSS is free and should be done with your health professional.