

Diabetes Group Education Services Referral Form

All of these programs are free for NDSS registrants and Diabetes WA members.
Available face-to-face (depending on program and region) and online.

- DESMOND – Diabetes Education and Self-Management for Ongoing and Newly Diagnosed** – a single-day self-management workshop for people newly diagnosed or living with type 2 diabetes.
- MyDESMOND – an online adaptation of DESMOND** – available at a time that suits them.
- DESY – Diabetes Education and Self-Management Yarning** – an adapted and culturally safe program designed for Aboriginal and Torres Strait Islanders.
- OzDAFNE – Dose Adjustment for Normal Eating** – an in-depth program on insulin adjustment for people living with type 1 diabetes. Available for people who use insulin pens and pumps.
- Smarts programs – CarbSmart, FootSmart, MedSmart, ShopSmart** – topic-specific, two-hour group education workshops, mostly suitable for both type 1 and type 2, dependent on the Smart.
- Baby Steps** – supporting women previously diagnosed with gestational diabetes.
- Beat It!** – an 8-week exercise and lifestyle program to improve diabetes management and general health.

How do these programs complement the GP Management Plan and Team Care Arrangement?

Attending a Diabetes WA Group Education program does not impact on the five allied health visits allocated to the person with diabetes. In fact, the programs have the potential to increase the effectiveness of these allied health visits by activating patients to self-manage their diabetes and create their own care plan

To refer patients/clients, please complete the details below and return to Diabetes WA by:

1. Fax to: (08) 9475 0485 or
2. Scan and email to: bookings@diabeteswa.com.au

Health Professional Details:

HP Name: _____ HP Practice: _____
 Phone: _____ Fax: _____ HP Provider #: _____
 Address: _____

Patient Details:

First Name: _____ Surname: _____
 Phone: _____ Date of Birth (dd/mm/yyyy): _____
 NDSS #: _____ OR Medicare #: _____
 Address: _____

Type 1 diabetes - refer to OzDAFNE and appropriate Smarts
 Type 2 diabetes - refer to DESMOND, MyDesmond, DESY & appropriate Smarts
 Gestational diabetes
 Please tick this box if you would like us to talk to your patient about individual appointments with a credentialed diabetes educator.

I would like to stay up to date on the latest Diabetes WA News

Health Professional Signature: _____ Date: _____

DESMOND Referrals: Please provide your patient with their latest HbA1c, cholesterol, waist circumference and blood pressure for use during the program

The National Diabetes Services Scheme is an initiative of the Australian Government administered with the assistance of Diabetes Australia. For more NDSS Information: ndss.com.au

