

4 ways to support someone living with diabetes



1

Learn how to recognise a hypo

Early signs can include fatigue, weakness, shakiness, sweating and confusion.

And...

- resources
- support
- education
- news
- clinic

diabeteswa.com.au



2

Join them if they want to go for a walk



3

Living with diabetes can be hard – offer your listening ear, not advice

4

Help them with healthy and delicious meal planning



#DiabetesVillageWA