

WHEN DIABETES CHANGES SUPPORT CHANGES TOO

Changes in your health, routine, medication or confidence can affect how you feel and how you manage diabetes.

If things feel harder than usual, it may be a good time to reach out.

SUPPORT MIGHT HELP WHEN YOU ARE...

- newly diagnosed
- starting or changing medication
- starting insulin
- experiencing diabetes burnout or distress
- pregnant or planning pregnancy
- trying to make sense of your glucose readings
- managing changes in routine such as travel, shift work or illness
- experiencing complications or new health issues
- finding food choices or getting enough physical activity harder than usual

YOU MIGHT NOTICE...

- you feel overwhelmed or unsure where to start
- things feel harder than they used to
- you feel exhausted by diabetes management
- you feel frustrated, stuck or less motivated
- your routine is not working as well
- you are unsure what questions to ask
- you would like more confidence

FIND SUPPORT

Diabetes WA can connect you with:

- Helpline for immediate support and guidance
- Education programs and resources
- Emotional wellbeing support
- Clinical support

GROW YOUR DIABETES VILLAGE



Call **1300 001 880** or visit
diabeteswa.com.au/village