

# NOT SURE WHAT TO ASK? START HERE

**Sometimes diabetes changes. Sometimes things feel harder.**

**This resource can help you prepare to speak with your GP, diabetes educator or care team.**

## WHAT HAS CHANGED FOR ME?

### **Right now I feel...**

- ☐ Confident or happy with how I am going
- ☐ Unsure
- ☐ Overwhelmed
- ☐ Tired of managing diabetes
- ☐ Frustrated
- ☐ Stuck

### **I'd like help with...**

- ☐ Understanding what has changed
- ☐ Reviewing my diabetes plan
- ☐ Medication questions
- ☐ Food choices or getting active
- ☐ Emotional support
- ☐ Finding the next step
- ☐ Knowing what support is available

## YOU COULD START WITH...

- Can we talk about what's changed for me?
- I'm feeling overwhelmed — can you help me work out the next steps?
- Can we review my plan and see if it still works for me?
- What support is available for me?
- Can we take this one step at a time?

**Contact Diabetes WA for support, information and programs.**

**GROW YOUR  
DIABETES VILLAGE**



Call **1300 001 880** or visit  
**[diabeteswa.com.au/village](https://diabeteswa.com.au/village)**