

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**

Diabetes WA Helpline on **1300 001 880**
or visit **diabeteswa.com.au/village**