

Diabetes Programs and Group Education Referral Form

Note: Some programs require patients to be registered with the NDSS to attend. All programs are free

- **DESMOND – Diabetes Education and Self-Management for Ongoing and Newly Diagnosed** a single-day self-management workshop for helping to take away the guesswork of type 2 diabetes.
- **MyDESMOND – an adaption of DESMOND** – available online at a time that suits them.
- **OzDAFNE (for insulin pen users only) – Dose Adjustment for Normal Eating** – an in-depth program on insulin adjustment for people living with type 1 diabetes. Available online or F2F.
- **Beat It!** – 8-week exercise and lifestyle program to improve diabetes management & general health
- **Living Well with Diabetes** – a session for people who want to better understand and manage their diabetes. Includes practical guidance, time for questions and the latest updates in care.
- **CarbSmart** – Learn about carbohydrates, when to eat them and which ones are better for you.
- **ShopSmart** – Learn how to read nutrition info, with real products to look at and compare.
- **FootSmart** – Build the skills you need to take care of your feet. Put your best foot forward.
- **MedSmart** – Learn about medication, why to take them and how to develop a medication plan.
- **LISTEN** – One-on-one program to manage diabetes-related stress and improve emotional wellbeing.
- **Baby Steps** – Online support program for women previously diagnosed with gestational diabetes.

How do these programs complement the GP Chronic Conditions Management Plan (GPCCMP) Visits?

A GPCCMP is not required. Attending a program does not impact on the five allied health individual visits or eight group program attendances allocated to the person with diabetes. Self-management education has 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:

Fax to 9221 1183 | **Email:** bookings@diabeteswa.com.au | **Healthlink:** DWATEL3H

Referring Health Professional Details:

HP Name:

HP Practice:

Fax:

Phone:

Email:

Patient Details:

Name:

DOB:

Phone:

Email:

Medicare:

NDSS #:

Address:

Refer to:

- ☐ Programs for type 2 diabetes
- ☐ Programs for type 1 diabetes
- ☐ Programs for gestational diabetes
- ☐ Programs for pre-diabetes
- ☐ Discuss individual support options with my patient

Stay up to date on Diabetes WA News? ☐ Yes ☐ No

Health Professional Signature:

Date: