



# Diabetes Education

Diabetes educators at Merri Community Health Services support individuals with diabetes, and their families, by providing advice and education.

## Services and programs

Diabetes education assists individuals to:

- Understand their diabetes and make informed lifestyle and treatment choices
- Understand and effectively use diabetes medications, including insulin
- Monitor blood glucose levels and use the results to improve diabetes control
- Prevent and treat high and low blood glucose levels
- Manage diabetes care when sick
- Incorporate physical activity into daily life
- Reduce the risk of diabetes complications
- Manage the demands of diabetes with the demands of work, family and social life.

Diabetes education is provided through group education sessions and by individual consultation as appropriate.

## Who can use these services?

Referral for diabetes education can be made by individuals (self-referral), carers, health professionals including doctors, and other service providers.

## How much does it cost?

Session fees are \$12.50 per session, \$8 per session for Health Care Card and Pension Card holders.

## Services are available at:

- 93 Bell Street, Coburg
- 79 Jukes Road, Fawkner

## For further information and appointments:

- Phone Service Access on (03) 9388 9933