



Diabetes Education

Our focus is on supporting individuals in self-managing their diabetes effectively and optimise outcomes.

Diabetes educators work with individuals to develop an individualised plan to stay healthy, teach skills, provide the tools and the ongoing support to make that plan a regular part of their day with confidence.

We can assist with aspects of management including medications, setting up monitors, understanding and interpreting levels and blood results, coordinating your care, and general ongoing support

Services:

- Assessment and medical history reviews
- Support with your medication regimen
- Individualised education about your health and management
- Teaching skills and providing access to tools
- Support with coordinating your care
- Ongoing support with monitoring and management

How to access:

If you would like to have a consultation with our Diabetes Educators, make an appointment with your GP and ask for a referral to Country & Outback Health. After getting a referral from your doctor, you will be offered a 1-hour initial appointment and ongoing support as you need.

Locations:

Ceduna, Cleve, Coffin Bay, Cowell, Cummins, Elliston, Kimba, Lock, Streaky Bay, Tumby Bay or Wudinna