Type 2 Diabetes Service

Find out about how this service can help you

What do we provide?
A specialised service to help adults manage type 2 diabetes. The diabetes team includes:
- Credentialed Diabetes Nurse Educator (DNE)
- Dietitian
- Exercise Physiologist

What does it involve?
An initial assessment with a DNE, a dietitian and an exercise physiologist.
Development of a coordinated care plan to help support you to achieve your health aims.
Ongoing reviews as required.
All clients are offered an annual review.
Referrals to other health care services are available (e.g. Podiatry)

What could I learn?
By attending the service, you may:
- Improve your understanding of type 2 diabetes. What is it?
- Learn to monitor your diabetes.
- Learn what to do if your blood glucose levels are higher or lower than you want.
- Understand your medications.
- Feel enabled to make healthy lifestyle choices.
- Learn how to reduce the risks of developing diabetes complications.
- Feel more confident in managing your diabetes.
- Improve your overall health and wellbeing.

Find out how you can access this service on the next page
**Exercise Physiology for Type 2 Diabetes Service**
Caulfield Community Health Service

**Caulfield Community Health Service**
Gate 2, Ashley Ricketson Centre (Building 22)
260 - 264 Kooyong Road,
Caulfield VIC 3162

**Monday - Friday**
8:30am - 5:00pm

03 9076 6666

Car parking is via Gate 2 (fees apply).
Limited street parking is available.

**Referrals:** Caulfield Access
**Phone:** 9076-6776
**Fax:** 9076-6773
**Email enquiries:** gcgmaccess@alfred.org.au

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**Who can come?**
People over the age of 18 years with type 2 diabetes who are:

- Newly diagnosed
- Needing to start a new diabetes medication including insulin or other injectable medication
- Seeking more information about to manage their diabetes

and live in the City of Glen Eira, City of Stonnington, City of Port Phillip or City of Bayside (North of South Rd).

**If you have any questions, call the team**

**How can I access the service?**
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access.

**Do fees apply?**
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.

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**Further Information**
Caulfield Community Health Service
alfredhealth.org.au/services/caulfield-community-health-service

Alfred Health
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au