

## Introducing the Diabetes Management Book Information for clients

People with long term health conditions such as diabetes often need to see many health service providers. For example; general practitioners, specialists, pharmacists, optometrists, diabetes nurse educators, dietitians, podiatrists..... You might also have a number of other services involved who assist you with personal care and community activities.

### **Why have a Diabetes Management Book?**

In some cases it is difficult to keep all of your health information in one place and to keep track of appointments and changes in your health care plan. You may also feel that you have to repeat the same information to a lot of people and it is not always easy to remember everything you need to tell them.

A number of health care organisations have developed the Diabetes Management Book with the aim of making it easier for you to keep track. The Diabetes Management Book is a compact and light weight folder that helps keep all your health information together, including contact details of your health team, medications and health information, and your health care plans. It also has space for you to write your appointments.

### **Bring it with you to all your health appointments**

Please share it with your health care providers so that they are aware of what others in your health care team are doing, or you may like to use it as your personal record. How you use it is up to you. If you do choose to show it to other health and community care providers, we have provided an introductory letter for them as well.

We are currently trialling this folder and would appreciate your feedback to assist us in developing something that suits your needs. Please keep note of any thoughts you have on what would make it more useful for you, and we will also ask you to complete a feedback form after a few months. The feedback forms will be anonymous.

We look forward to your feedback and we hope that you find the Diabetes Management Book useful in supporting your health care.



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