

DIABETES SERVICES IN ALEXANDRA



It is recommended that the following health professionals form your **Diabetes Management Team** to assist you with the support and knowledge you require to manage your diabetes. You will be at the centre of this diabetes management team along with your family and those close to you. You will still need to see your regular General Practitioner (GP) for checkups and referrals and an Endocrinologist when first diagnosed.

What	Why	Who	Referral	Cost	When	Where	Contact
Diabetes Educator	Assist with diabetes control, monitoring, latest information.	Alexandra District Health	Not required	According to income	Mon-Fri	Cooper Street, Alexandra*	03 5772 0900 alexandrahospital.org.au
		Alexandra Medical Centre	Not Required	According to income	Tues and Thurs	54 Downey Street, Alexandra	03 5772 1444
Dietitian	Assist with advice regarding diabetes and diet.	Alexandra District Health	Not required	According to income	Mon - Fri	Cooper Street, Alexandra*	03 5772 0900 alexandrahospital.org.au
Physiotherapist	Assist with exercises that can reduce the risk of developing complications.	Alexandra District Health	Not required	According to income	Mon - Fri	Cooper Street, Alexandra*	03 5772 0900 alexandrahospital.org.au
Ophthalmologist	Check for signs of eye damage as a result of diabetes.	Dr Chris Chesney (Mentone Eye Specialist)	Yes	Fees and concession rates	Every second Tues and Wed	Cooper Street, Alexandra	03 9584 2911
Optometrist	Check for signs of eye damage as a result from diabetes.	Alexandra Optical Services	Not required	Fees and bulk billing	Wednesday	66 Grant Street, Alexandra	03 5772 2113
Podiatrist	Check for foot complications and assist with foot care.	Private	Yes for bulk billing	Fees and concession rates	Wed & every second Thurs	Cooper Street, Alexandra*	03 9988 4430
		Nexus Primary Health	Not required	Varies**	Every fourth Mon & second Thurs		1300 77 33 52 sacc@nexusprimaryhealth.org.au
Psychologist/ Counsellor	Provide you with support and strategies to reduce stress and manage lifestyle changes	Alexandra District Health	Not required	Free	Mon – Fri	Cooper Street, Alexandra*	03 5772 0900 alexandrahospital.org.au
		Private	Yes	Medicare rebate	Mon – on demand		03 5772 0900 alexandrahospital.org.au
		Nexus Primary Health	Yes for bulk billing	Varies**	On demand		1300 77 33 52 sacc@nexusprimaryhealth.org.au

*Also available at Eildon and Marysville.

**For Nexus Primary Health Schedule of Fees go to <http://www.nexusprimaryhealth.org.au/our-services/our-fees/>.

Broadford Optical offers the Victorian Aboriginal and Torres Strait Islander \$10 Spectacle Subsidy.

For further information on diabetes management and prevention visit www.diabetesvic.org.au or call the free **Diabetes Victoria helpline 1300 136 588** or **Koorie Diabetes Infoline 1300 566 743**. Integrated team care – a health program for aboriginal people living with a chronic disease **(03) 5820 0035**.