

## CLIENT EDUCATION SERVICES PROVIDED BY HEALTHY LIVING NT

If you have any type of diabetes, pre-diabetes or a cardiac condition, Healthy Living NT employs diabetes nurse educators, cardiac nurse educators and dietitians who can help you with the management of your condition.

These services can be obtained in Darwin, Palmerston and Alice Springs, or if you live out of town, by phone or by email. Contact Healthy Living NT for more information on Darwin 8927 8488, Alice Springs 8952 8000 or email [info@healthylivingnt.org.au](mailto:info@healthylivingnt.org.au)

### DIABETES

Diabetes nurse educators and dietitians deliver individual and group diabetes education in Darwin, Palmerston and Alice Springs.

#### Type 2 Diabetes and Impaired Glucose Tolerance (IGT)

Getting Started Group - Held monthly on a Tuesday morning in Darwin, monthly on a Wednesday morning in Alice Springs.

#### Insulin Initiation and Stabilisation

Individual appointments are made for people commencing or reviewing their insulin regimen.

#### Gestational Diabetes

Initial weekly group session or individual education session and review within a week to monitor self blood glucose monitoring and dietary changes.

#### People with Type 1

Have high priority. Individual education and support appointments are available, including pump support and pre-pregnancy planning. A children's group is organised in Darwin every three months.

### CARDIAC

Cardiac nurse educators and dietitians deliver individual and group cardiac education in Darwin, Palmerston and Alice Springs.

#### Hospital Education

Daily visits to Royal Darwin, Alice Springs Hospitals and Darwin Private Hospital for inpatient education.

#### Healthy Heart Program (Cardiac Rehabilitation)

A four week rotating program with a two hour session each week which includes one hour each of exercise and one hour of education.

These sessions are held in Darwin and after hours in Palmerston. In Alice Springs individual education sessions and group exercise classes are held weekly.

#### Individual Consults

Individual appointments can be made for anyone not wanting or able to be a part of the exercise program.

#### Pre Procedure Consults

Appointments for people travelling interstate for a cardiac procedure or operation.

## ALL SERVICES

#### Touching Base Group

Drop-in sessions for people with diabetes and heart disease are held monthly in Darwin and Alice Springs.

#### Special Needs Clients

Individual appointments will be made for people who have a physical impairment e.g. deafness, impaired vision, lack of mobility etc. or any client who cannot attend a group education session

#### Out of Town Clients

Appointments will be made to coincide with visits to Darwin or Alice Springs.

Telephone consultations are also available by appointment and we are also happy to correspond with you by email.

#### Interpreter Bookings

Interpreters can be booked for any client for whom English is not a first language

#### Darwin

Shop 1 & 2 Tiwi Place,  
Tiwi NT 0810  
PO Box 40113,  
Casuarina NT 0811  
Phone: 08 8927 8488  
Fax: 08 8927 8515  
E: [info@healthylivingnt.org.au](mailto:info@healthylivingnt.org.au)

#### Alice Springs

Jock Nelson Centre,  
7/16 Hartley Street,  
Alice Springs NT 0870  
Phone: 08 8952 8000  
Fax: 08 8952 7000  
E: [alicesprings@healthylivingnt.org.au](mailto:alicesprings@healthylivingnt.org.au)

[www.healthylivingnt.org.au](http://www.healthylivingnt.org.au)  
ABN 11 374 693 055

Healthy Living NT is the trading name of the Diabetes Association of the Northern Territory Incorporated.

Healthy Living NT is the registered NT licence holder for Life. Be in it.



## HEALTH PROMOTION SERVICES PROVIDED BY HEALTHY LIVING NT

Healthy Living NT provides a range of health promotion services to the NT. Health promotion services provide foundation lifestyle education promoting positive community health outcomes.

Services are primarily available in Darwin and Palmerston and can be arranged in other regional centres through partnering with local agencies. Contact Healthy Living NT for more information on 8927 8488, or email [hpm@healthylivingnt.org.au](mailto:hpm@healthylivingnt.org.au)

### Community Programs

Over an agreed number of sessions lifestyle education is delivered to a variety of community organisations. The sessions provide foundation lifestyle education on diet, physical activity, sedentary behaviour, screen time, sleep and other topics identified by the receiving organisation as being a concern within their client/customer/member base.

All programs utilise a co-design approach where the receiving organisation and Healthy Living NT work together to organise the most valuable program for the organisation. The approach ensures relevant education aimed at the literacy and cultural requirements of the organisations.

The program is available to community groups, Indigenous communities, adult education, youth education, family groups, all ability organisations, migrant organisations, corporate, sporting clubs/associations and more.

### Mini Movers

A free four-week program for 3 to 5-year olds and their parents/carers.

*Mini Movers* focuses on developing fundamental movement skills in a fun games-based program. The program aims to assist children aged 3 to 5 to explore and build confidence in their bodies.

4 programs per year: 2 to the public and 2 to early child educations services.

### Love Your Body

*Love Your Body* is a free four-week program focusing on lifestyle concerns that impact the over 50 population.

Each weekly session is delivered in three parts:

**Move** – participants learn safe exercises they can perform to help them to maintain an active lifestyle as they age

**Meal** - dietary education on a topic of importance to the age group and creation of an affordable and tasty meal based on the topic

**Mingle** – while eating the meal participants have the opportunity to socialise with each other and the facilitators.

### Move it Darwin

*Move it Darwin* runs regularly in the evening throughout the school terms.

*Move it Darwin* is a free program for all ages and ability levels. It focuses on learning to exercise safely based on the individual participants current fitness levels and time availability.

It is not a typical group training session, as it focuses on encouraging participants to move rather than work out.

### Other Programs

Healthy Living NT partners with local agencies to deliver one-off community talks, health professional presentations, support local events through a variety of information and physical activity stalls/stations, and partner with other NT based health service providers to enhance opportunities for positive health outcomes throughout the NT.

Healthy Living NT also offers workplace wellness programs; some fees may apply depending on the type of program.

We are always open for ideas and are continually looking to expand and enhance our programs, while developing new initiatives which best meet the NT community needs. If you have an idea that we may be able to support or deliver, please contact us to discuss further.



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