



Congratulations on making this step to self managing your **Type 1 Diabetes**. This resource pack provides you with information about Healthy Living NT and information to help you understand and manage your diabetes.

Introduction to Healthy Living NT

- Privacy Statement
- Client Education Services
- HLNT Memberships
- Consumer Charter
- Product Outlets
- Evaluation Form
- Information Sheet List

Important Information

- ❖ Diabetes Related Complications
- ❖ Managing Hypoglycaemia
- ❖ Insulin
- ❖ Blood Glucose Monitoring
- ❖ Understanding Type 1 Diabetes
- ❖ Fear of Hypoglycaemia
- ❖ Managing Sick Days
- ❖ Understanding Food Labels
- ❖ Alcohol
- ❖ Your Diabetes Annual Cycle of Care
- ❖ Hints for Healthy Cooking
- ❖ Glycaemic Index
- ❖ Food Choices for People with Diabetes
- ❖ Alternative Sweeteners
- ❖ Physical Activity
- Driving and recent severe Hypoglycaemia
- Diabetes and Driving
- Free Foods
- Storage of Insulin
- Source of Carbohydrate Foods
- Glycaemic Index for Carbohydrate foods
- What is a Serve of Fruit/Veg
- What is a Serve of Meat/Dairy

Recommended additional Information – available on request or website

- ❖ Travel
- ❖ Diabetes and Distress
- ❖ Diabetes and Anxiety
- ❖ Peer Support for Diabetes
- ❖ Carbohydrate Counting and Diabetes
- ❖ Diabetes and Disordered Eating
- ❖ Healthy Snacks
- Melioidosis

We have also included a copy of the *Territory Way* magazine. If you would like to receive this on a regular basis please see our information on membership.

If you have any questions regarding the contents of this information pack, or need further advice and support, we encourage you to contact us in Darwin on (08) 8927 8488, or Alice Springs on (08) 8952 8000 to make an appointment with the Diabetes Nurse Educator and/or Dietitian, or visit our website at www.healthylivingnt.org.au

Regards

The Healthy Living NT Team

The distribution of this pack is supported by the National Diabetes Services Scheme (NDSS), an initiative of the Australian Government administered by Diabetes Australia Ltd

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

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

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.