



## Contact us

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-  SonderSA  Sonder-SA



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.

We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities.

We embrace diverse voices in our decision making to ensure we deliver inclusive services.

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## Integrated Primary Care Diabetes Education

Get support from trained Diabetes Educators to self-manage your diabetes and improve your health.



**With knowledge, support and motivation, our certified educators will empower you to manage your condition and feel better, sooner.**

Our Diabetes Educators are ready to work with you to find practical solutions that fit your personal needs.

We will support you along the entire journey, helping to get your blood sugar levels to where they need to be and organising tests and screenings.

This service is provided through Sonder's Integrated Primary Care program, which means you will also have access to other allied health services which may support you with your condition, such as podiatry or dietetics.

## What do we offer?



### Learn about your health

Gain a greater understanding of diabetes. Learn how to improve your condition and look after your health.



### Achieve your management goals

We will work with you to make achievable goals for the management of diabetes.



### Get support from a team of health professionals

Our Diabetes Educators work together with other healthcare providers to ensure your health needs are met.



### Free service

Diabetes education is provided at no cost.

## Am I eligible?

### To be eligible for this service, you must:

- Live in the regions of Yorke Peninsula, Mid North, Lower North, Lower Fleurieu Peninsula or Kangaroo Island and;
- Be living with, or at risk of developing an ongoing chronic medical condition that requires additional services to prevent further complications or illness.

## Who are the staff?

This service is provided as part of Sonder's Integrated Primary Care Program. This program is delivered by Sonder's network of allied health providers, including:

- Diabetes educators
- Dietitians
- Exercise physiologists
- Physiotherapists
- Podiatrists
- Respiratory educators

Our Care Coordinator will work in consultation with your GP to support you in accessing services to treat your chronic medical condition.

Please note, not all allied health providers are available across all regions. Some services may be provided via Telehealth.

## How do I access the service?

To access this service, simply contact our friendly team at Sonder via phone **(08) 8209 0710** or email **info@sonder.net.au**

We'll put you in touch with a local GP to access a referral into the program.

If the GP finds the program to be suitable for you, they will complete a referral form on your behalf and send it back to us.

Once we receive your referral, our Care Coordinator will then work with your GP to coordinate initial appointments with the specialist nurse, or allied health providers identified on the referral.

## Where can I access this service?

Our allied health providers are located in different sites across the Yorke Peninsula, Mid North, Lower North, Lower Fleurieu Peninsula and Kangaroo Island regions.