

Referral ?

You can be referred to the exercise group via:

- ❖ General Practitioner
- ❖ Hospital nursing staff
- ❖ Allied health professionals
- ❖ Diabetes educator or dietitian
- ❖ Case managers
- ❖ Self referral

How to refer?

Referral's via KDH website or sent to Allied Health email.

For more information contact

**Kerang District Health
Allied Health Services
13-15 Burgoyne Street
KERANG VIC 3579**

Phone: (03) 5450 9285

Website: www.kdh.org.au

Email: alliedhealth@kdh.org.au



Draft



Allied Health Services



Diabetes Maintenance Group



Who is the service for?

This exercise group is for people that have been diagnosed with type 1 or type 2 diabetes.

All participants must be able to take their own blood glucose levels and are required to bring their own snacks for precautionary measures.

Exclusion criteria:

- Unstable diabetes
- Unable to take own BGL

Where and when?

The group is conducted in the KDH gym located in the WD Thomas centre, opposite the KDH main entrance. Entry via the door in the hospital carpark.

Sessions are on the following days and times:

Monday: 11 am

What's involved?

The diabetes maintenance group offers 1 session per week which includes 1 hour of exercise as well as 30 minutes of education. The education topics change each week and will be a collaboration of several different allied health professionals.

Key benefits may include:

- ❖ Increased overall strength
- ❖ Increased endurance
- ❖ Increase physical independence
- ❖ Improved lifestyle and longevity
- ❖ Improved social connection by connecting with others that live with similar health conditions

On completion of the program a post assessment will be completed analysing physical measures to determine progress. These results can be collated and sent in a letter to GP or specialist upon request.

*The programs will be commencing the **6th of January 2025**