
Central Coast
Local Health District



Diabetes Services

Central Coast



Central Coast Diabetes Services provide information, education and support for people with diabetes, their families and carers.

DIABETES SERVICES STAFF INCLUDE:

- Diabetes Educators, Dietitians, Social Workers and Podiatrists.

Who can access the Diabetes Service

- Adults and children with newly diagnosed Type 1 and Type 2 Diabetes, and their carers;
- Women diagnosed with Gestational Diabetes;
- People diagnosed with impaired glucose tolerance;
- People with diabetes and their families wanting to update their knowledge.

What Services are Provided

1. Diabetes Educators, Dietitians and Social Workers provide either group or individual diabetes education and support, depending on individual needs.
2. A Paediatric Clinic is held weekly for children and adolescents and their carers. They are seen by a multidisciplinary Diabetes Team including a Paediatric Endocrinologist, Diabetes Educator, Dietitian and Social Worker. HbA1c testing can also be arranged by appointment.
3. Weekly Gestational Diabetes Clinics are held in conjunction with the Antenatal Clinic.
4. Inpatient consultations.
5. Insulin Stabilisation Program in consultation with hospital Endocrinology Staff Specialist and VMO only.
6. First Nations people can also access the Diabetes Educator at the Yerin Eleanor Duncan Aboriginal Health Centre at Wyong.
7. Ongoing liaison with GPs and other health care providers.
8. Education for schools and community groups can be arranged on request.
9. Diabetes Services staff are actively involved in promoting community awareness of diabetes activities.

How to Access Diabetes Services

All appointments can be made for:

1. Diabetes Educators and Social Workers (individual and group education) by contacting Gosford Diabetes Centre on **4320 3321**. For your convenience these appointments are offered at the Community Health Centres.
2. Dietitians by contacting the Nutrition Department on **4320 3691**.
3. Podiatrists by contacting the Podiatry Department on **4320 3240**. (Additional eligibility requirements apply for Podiatry services)
4. Paediatric Multidisciplinary Clinics by contacting the Gosford Hospital Specialist Rooms on **4320 5600**.
5. HbA1c appointments (for children and adolescents only) by contacting the Gosford Diabetes Centre on **4320 3321**.
6. Gestational Diabetes Service by contacting the Antenatal Clinic, Outpatients Department, Gosford Hospital on **4320 3389**.
7. First Nations clients wishing to attend the Yerin Eleanor Duncan Aboriginal Health Centre on **4351 1040**.

A medical referral is required for all services.

Useful Contacts

Diabetes Centre..... Ph 4320 3321
Fax 4320 2944

Nutrition..... Ph 4320 3691
Fax 4320 2828

Podiatry..... Ph 4320 3240
Fax 4320 5449

Gosford Hosp Switch..... Ph 4320 2111

**National Diabetes
Services Scheme (NDSS)**..... 1800 637 700

Emergencies..... 000

Websites

Diabetes Australia
www.diabetesaustralia.com.au

National Diabetes Services Scheme (NDSS)
www.ndss.com.au

Juvenile Diabetes Research Foundation
www.jdrf.org.au