



Diabetes

USING OUR STRENGTHS SERVICE



Helping Mob taking care of their Diabetes

For Aboriginal and Torres Strait Islander Peoples

Australian Unity Aboriginal Home Health, Ramsay Connect, and The University of Queensland are working together on Diabetes Using Our Strengths Service (DUOSS). This is a new pilot program created by Ramsay Connect based on input by Elders, Australian Unity Aboriginal Home Health staff and local health providers to help Mob to take care of their type 2 diabetes.

What will the service give you

- Support you to better manage your diabetes
- Learn about diabetes and how it can change your body
- Yarn ups on diabetes
- Diabetes education for you and your family
- If you take insulin, we can support you to know how much insulin you need
- We do it your way with regular check ins that can be over the phone, online or in person
- Set your own diabetes health goals
- Learn with lots of support how to take your blood pressure and sugar level
- All equipment and services at no cost to you

Who can participate?

Aboriginal and Torres Strait Islander peoples who are 18 or older, have been diagnosed with type 2 diabetes and would

benefit from community based support to improve their health outcomes. They will also need to understand and communicate in basic English, and be familiar with using a smart phone or electronic tablet. The full criteria list to participate can be found on the DUOSS referral form.

How do I sign up?

1. Yarn with your Aboriginal Home Health Service Co-ordinator or GP about completing a referral form.
2. The DUOSS team will call you to confirm you are suitable to join. Sometimes we may need more information from your GP to confirm you are suitable for the program.
3. Fill and sign the University of Queensland Patient Consent form.

Contact Us

Call the DUOSS Team for information: 1300 131 186.

