



**TYPE 1 DIABETES  
FAMILY CENTRE**

# A one of a kind hub **for people living with type 1**





# The **only space** just for people impacted by **type 1 diabetes**

Let's get something out of the way upfront - living with type 1 diabetes can be tough.

Most people won't understand what you're going through. Heck, most people probably think you brought it on yourself and if you just stayed away from sugar it would all be ok. If only they knew. Even most of your healthcare team doesn't really get what its like to live with type 1 everyday. The worry of the parent every night as their child goes to sleep, the incredible mental math that goes into just eating that piece of pizza, it's a lot. There's no off switch, there's no magic pill.

We get it. Because we live it too.

And when we looked around for somewhere that we could go where we didn't have to explain, where we didn't have to hide our kit, where we didn't have to sneak our jellybeans under the table, we found there wasn't a place just for us.

So we made one.

We looked for somewhere where we could meet other families living with type 1 diabetes. Where we could talk about what its really like. Where we could be inspired by people who were not only surviving but thriving with type 1. Where we could share all the tips and tricks we've picked up on the way. There wasn't one.

So we made one.

And finally, we looked for a place where everyone was passionate not about “diabetes”, but about living well with type 1 diabetes. We didn’t want the general advice, we wanted real solutions, battle tested in real life and brought to us by people who have dedicated their lives to making sure type 1 doesn’t need to hold us back. We couldn’t find one.

So we made one.

We created this place, for people impacted by type 1, by people impacted by type 1. It’s a special place. You may wish you never had to find us, but we’re so glad you did.

Welcome to your tribe.

## **Why a specialist centre for Type 1?**

We know that managing type 1 diabetes requires making around 180 extra health related decisions per day. So, it’s little wonder that you may find daily self-management challenging. Even with the best medicine and technology, the burden of managing a condition with no “off switch” can wear down even the most resilient.

Engaging with the Family Centre means you will interact with a passionate and dedicated group who focus wholly on type 1 diabetes. Our services enable you to live a full life despite manually doing the job of your pancreas, every day.

Everyone with type 1 in WA is welcome to join our engaging and supportive online community – regardless of their financial circumstances, chosen technology or self-management approach.

We are there to meet the everyday challenges, the practical realities of living with type 1. Our advisory phone service is available to provide practical wisdom, guidance, direction, tips, and tricks throughout a life with type 1.

Our range of clinical services are tailored specifically to type 1 diabetes. Our type 1 diabetes educators, dietitians and psychologists can see you at the Family Centre, or remotely via telehealth, allowing them to support you, regardless of where you are or whether you’re travelling.

# Why choose us?



The Family Centre and our services are created by people with type 1, for people with type 1. We have an amazing tribe of people, living with the condition, who will support you through your type 1 journey. Our community host activities, online communities, kids, teens and parents events, dinners and coffee catch ups so there's plenty of opportunity to connect at the Family Centre!

Our team of clinicians are unique as they all have a specialist interest in type 1 - they live and breathe type 1 every day. When you interact with our team, you'll be speaking with people who understand the condition, know about the latest and greatest tech and get the mental hurdles that type 1 can throw at you.

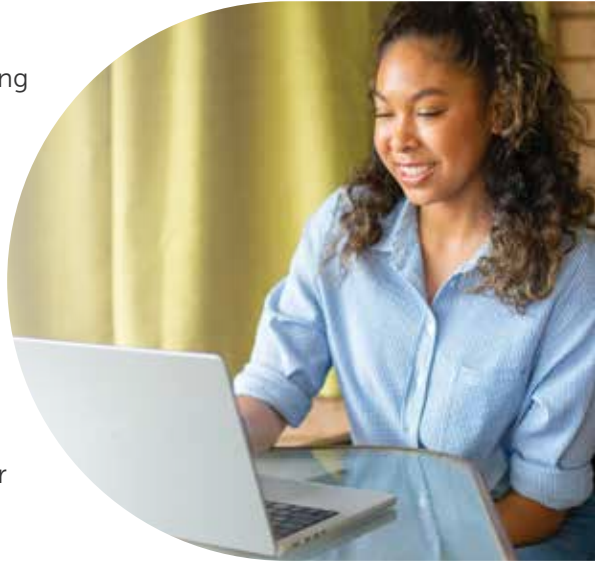
## **Our Clinical services include:**

- Diabetes Educators,
- Dietitians,
- Psychology Services,
- Exercise Physiology,
- Life Coaching, and
- HbA1c testing.



## Digital Education

Living with type 1 means navigating endless amounts of advice, knowledge and guidance. Our type 1 specific e-learning hub supports people living with type 1 by providing quality, curated, evidence-based information, accessible 24/7. By completing our courses, you will be armed with essential type 1 knowledge, allowing you to better utilise your time to focus on your advanced support needs.



## T1 Essentials

**Type 1 Essentials:** This 12-module course was developed in conjunction with a national team of endocrinologists, diabetes educators and mental health experts. It is everything a person needs to know about type 1 diabetes and was created to quickly upskill you, so you can take control of the condition and live the life of your choice.

By completing Type 1 Essentials, you will:

- Improve your understanding of type 1 diabetes and its impact on your body,
- Understand the latest management techniques for living with type 1 diabetes including new technologies such as continuous glucose monitoring (CGM), new medications and new guidelines for living well with type 1,
- Build a toolkit of tips, tricks, advice and guidelines to manage type 1 diabetes, including during exercise, when you are unwell and when type 1 is at its most challenging.

## **T1** Cyber Carbs

**Cyber Carbs:** Every person living with type 1 needs to understand carbohydrates. Cyber Carbs is an ADEA endorsed online course that explains the vital link between the food a person eats, and the insulin doses needed to maintain blood sugar control.

In this ten-module course, you will:

- Learn all about the role of carbohydrates, fat, and protein on blood glucose levels, and understand the glycaemic index of foods. Improve confidence and accuracy in carbohydrate counting of everyday foods,
- Learn to use carbohydrate counting apps and resources to improve carbohydrate counting accuracy,
- Put carbohydrate counting into action, learning how to adjust insulin dosing, use carbohydrate ratios and insulin sensitivity factors. Learn to calculate insulin doses to match diet.

### **Intensive, practical supports**

## **T1** Bootcamp

**Type 1 Bootcamp:** This new face to face course was developed by the Family Centre to quickly upskill you and arm you with the critical information you need to thrive. It allows you to practice essential self-management skills alongside other people living with the same condition, guided by clinicians wholly focused on supporting type 1 diabetes.

By completing the Bootcamp, you will:

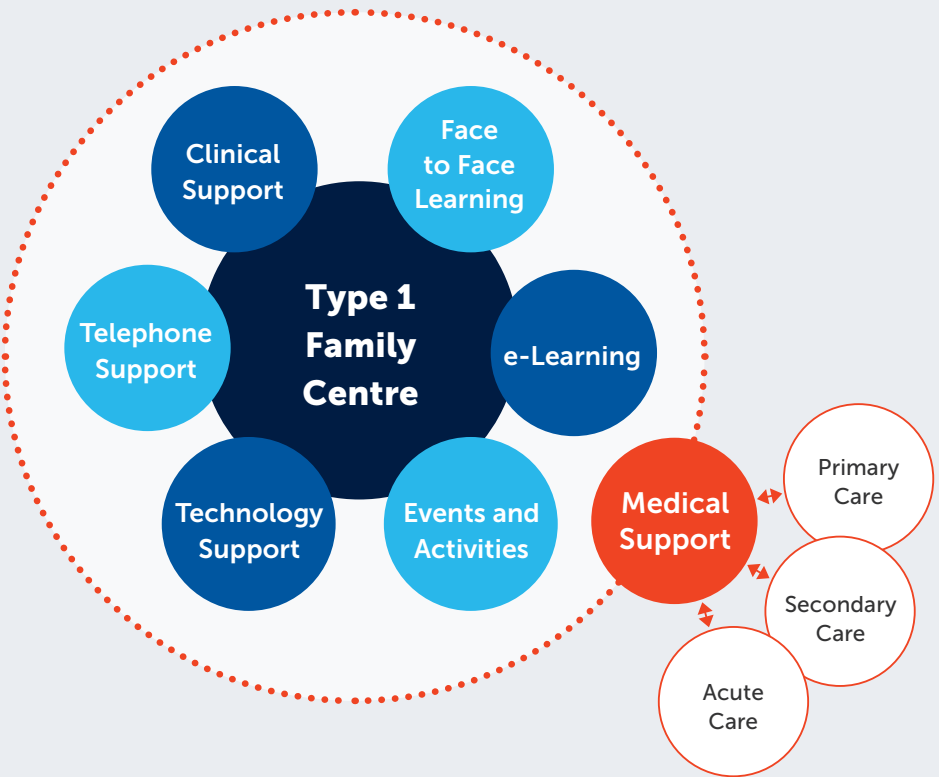
- Learn the basics of type 1 diabetes, its impact on the body and what a person with type 1 will need to do to manage their condition,
- Learn about carb counting and adjusting insulin to suit food and physical activity, and identify recipes or insulin required when eating out,
- Meet other people living with type 1 and learn tips and tricks for managing the condition, and
- Hypoglycaemia and hyperglycaemia management.

## Where does the Family Centre fit?

We are the specialist hub for people living with type 1 diabetes. We work with your other health care providers to bring you tailored type 1 knowledge, support and advice in a welcoming and easy to access way.

We're here to make sure that advice, medicine and technology you access works for you in your everyday life.

### Type 1 Community



Wherever you are on your type 1 journey, we're here for you.



## Join the tribe:



Our **online communities** are open to everyone with type 1, regardless of whether they engage in any of our services. By joining our community you will gain social connection, access to other people living with type 1, support, and a sense of community that we know is essential to live well with type 1.



Our **clinical services** focus specifically on type 1 diabetes. Our diabetes educators and dietitians bring a wealth of individualised, type 1 knowledge, while our psychologists understand type 1, so you no longer need to explain the condition to your mental health provider. Meeting with our team will ensure you attend your regular endocrinologist or GP appointments with considered questions and knowledge on the condition, and how its impacting your body.



Our **online education** is a game changer for people living with type 1. The courses cover everything newly diagnosed patients need to know about living with type 1, and are a fantastic resource to support patients to upskill their type 1 knowledge. Completing our courses will ensure you are armed with world class information and knowledge.



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