

# A SPECIALIST TYPE 1 TEAM

At the T1DFC, we understand how important it is for people with type 1 diabetes to have access to specialist support, no matter where they live. That's why we've built a clinical team of credentialled diabetes educators who specialise only in type 1. Each clinician brings a unique area of expertise to the table, and we're proud to now have a full-time Clinical Director leading this work. Amy Rush steps into this role to guide our team and support referring health professionals across the country. This month, we're shining a spotlight on our three specialist CDEs and the type 1 expertise they offer.

Contact our clinic directly, or refer patients to [clinic@type1familycentre.org.au](mailto:clinic@type1familycentre.org.au) or 08 94466446.



**>>> AMY RUSH - CLINICAL DIRECTOR, SENIOR CLINICIAN  
APD, CDE, COMPLEX CASE SPECIALIST**

Amy leads the Type 1 Diabetes Family Centre's hyperspecialised clinical team as our full-time Clinical Director. As a Credentialled Diabetes Educator and Accredited Practising Dietitian with over a decade of experience in type 1 care, Amy combines strategic leadership with a clinical caseload focusing exclusively on complex cases.

Amy has extensive clinical experience in insulin pump therapy, CGM data interpretation, and the food–insulin relationship. She specialises in low carbohydrate approaches to type 1 management, helping people reduce blood glucose variability by tailoring nutrition to their individual needs. Amy also supports clients with complex co-morbidities and those involved in high-performance sports.

As Clinical Director, Amy supports both our internal clinical team and the wider healthcare community. She mentors our multidisciplinary clinicians to ensure care is consistent, person-centred, and grounded in the latest evidence. She also leads the development of training for health professionals who want to deepen their type 1 expertise.

Amy contributes to national conversations around type 1 care through conference presentations and resource development, with a strong focus on keeping things practical for busy clinical settings.

If you're managing a complex case, need input on diabetes tech, or simply want to chat through a type 1 challenge, Amy welcomes the conversation.

Contact Amy at [amy@type1familycentre.org.au](mailto:amy@type1familycentre.org.au).



**>>> BECK NEWTON - SENIOR CLINICIAN  
APD, RN, CDE, EATING BEHAVIOUR SPECIALIST**

Beck is uniquely qualified as a dietitian, registered nurse, credentialled diabetes educator, and trained eating disorder clinician. With post-grad qualifications in mental health and health coaching, she brings a powerful blend of clinical and behavioural insight to type 1 care.

Refer to Beck for support with disordered eating, behavioural barriers, or when your patient needs both insulin and nutrition guidance in one place. She works with MDI and pump users alike—face-to-face or via telehealth—to help people gain confidence, reduce anxiety around food, and match insulin to real life.



**>>> BEC R - RN, CDE  
LIVED EXPERIENCE, PREGNANCY & PAEDIATRIC FOCUS**

Diagnosed with type 1 diabetes at age two, Bec brings over 30 years of lived experience to her clinical care. As a registered nurse, CDE, and trained counsellor, she offers a truly holistic approach—supporting not just the physical, but also the emotional demands of type 1.

Refer to Bec for compassionate, expert care in diabetes and pregnancy, kids with type 1, or when mental health support is key. Her approach is all about Support, Education, and Empowerment—available both face-to-face and via telehealth.