



ADVANCING T1D CARE THROUGH INNOVATION & COLLABORATION

We are a community-based organisation dedicated exclusively to supporting people with T1D through clinical care, education, and connection. We're bringing fresh, effective ideas to the table, and we want to collaborate with you to improve outcomes in T1D care. We're excited to introduce our new CEO and invite you to join us at ADC for a practical symposium on Therapeutic Carbohydrate Reduction in T1D care.

If you're attending the conference, come say hello, or feel free to reach out and connect:

CEO - jemmailes@type1familycentre.org.au

Clinical Director - amy@type1familycentre.org.au

Director of Educational Programs - beth@type1familycentre.org.au



>>> INTRODUCING OUR NEW CEO: JEMMA ILES

Jemma is an award-winning leader with an impressive track record in public health, local government, and national consulting, where she's driven innovation, transformation, and inclusive growth. But what makes this appointment truly meaningful is her personal connection to type 1 diabetes. Jemma's younger brother was diagnosed at age 8, and his experience has shaped her drive to make a difference for people living with T1D.

Jemma's primary goal as CEO is to strengthen the bridge between the specialist medical care provided and the day-to-day reality of living with T1D. She sees the Family Centre as an essential partner to clinicians and their practices - a resource that complements your clinical expertise with wrap-around support for your patients.

Under her leadership, the Family Centre will enhance clinical partnerships by:

- **Strengthening Referral Pathways:** Acting as a seamless extension of your clinical team, ensuring our allied health support aligns directly with specialist's treatment plans.
- **Reducing Clinical Burden:** Handling patient education, technology training, and psychosocial support to free up the valuable time of your specialist teams for core medical care.

- **Building Integrated Teams:** Developing shared care models that place you as medical specialists at the centre of clinical decisions, supported by our responsive allied health and community focused T1D services.

Please reach out direct if you are interested in discussing clinical pathways, shared care opportunities or other ways we can complement your services. jemmailes@type1familycentre.org.au



>>> MEET US IN PERSON AT ADC GOLD COAST

Join Amy Rush (Clinical Director) and Beth McNally (Director of Educational Programs) for a practical, interactive symposium tackling common clinical questions and support scenarios:

"Exploring Therapeutic Carbohydrate Reduction in T1D: Practical Strategies for Diabetes Educators"

Thursday 21 August | 2:30–4:00pm

With more people with type 1 diabetes adopting lower-carbohydrate approaches, this interactive session will equip health professionals with the tools, language, and confidence to support patient choice, while prioritising safety and evidence-informed care.

You'll learn how to:

- Support using evidence-informed strategies
- Discuss insulin adjustment and risk management
- Understand practical, nutritious meal options across varying carbohydrate intake levels

Through real-world case studies, you will gain practical strategies to collaborate confidently and support informed, patient-centred decision-making in T1D care.