

Resources to help you live a healthy life when you have diabetes

These resources are for people with intellectual disability who have diabetes. The resources could also be used by family members and carers.

The resources can help you:

- learn how to live a healthy life with diabetes
- have better health appointments, like when you see your GP to talk about diabetes
- learn more about diabetes.

One of the resources is a set of cards you can fill out before, during and after you talk to a health professional. The cards can help you make plans and know what to do.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

National Diabetes Services Scheme (NDSS)

The Australian Government pays for the National **Diabetes**

A health condition where the body has trouble controlling amount of sugar in the blood.

Services Scheme (NDSS) and Diabetes Australia runs it. The NDSS aims to help people understand and manage diabetes, and get the services and support they need.

- [Visit](#)