

Live now and have hope for the future

(2009)

Type: Booklet

Description:

This booklet is a collection of quotes from Indigenous people about diabetes and is part of the diabetes campaign *Don't ignore diabetes*. It aims to change the current negative talk surrounding diabetes, to give hope to people suffering from the chronic disease and move the focus on diabetes to a belief that the disease can be prevented or delayed. The booklet shares comments of local Aboriginal community members living with diabetes, and members who have a family history of diabetes.

It also highlights how health professionals can help people to prevent and manage diabetes, and provides a list of phone contact details for health services in the Perth metropolitan region.

When to use this resource:

This resource was developed for Indigenous people and provides information on diabetes and diabetes support. It can be used to generate discussion during a group workshop or information session, to show clients how diabetes can be managed and to give them a positive attitude to living with and managing their own diabetes. The booklet can also be used to give to individuals for their own information and to share with their families.

Producer:

Diabetes WA, Perth

To order copies of this resource

Diabetes WA

Ph: (08) 9325 7699

Online order form: http://www.dontignorediabetes.com.au/Order_Resources

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