

OTHER SERVICES

Remote services

Healthy Living NT provides Diabetes, Cardiac and Nutrition Educators to remote communities in the Northern Territory. See your local clinic to access HLNT Diabetes and Cardiac Educators.

Health Promotion - Life. Be in it.

Healthy Living NT's website and Facebook have information about **Life. Be in it.** activities and programs for all ages.

Healthy Territory Kids Program

Free lifestyle program for kids aged 7 to 13 who are above a healthy weight. www.healthyterritorykids.org.au

Dietitian Individual Consults

Dietitian Consultations are available for a range of conditions, including weight management, high blood pressure/cholesterol, food intolerance and gastrointestinal concerns. Contact Healthy Living to make an appointment.

Bill Raby Diabetes Fellowship

Provides funding for Youth Affected by Diabetes and Community Grants Program for applications go to the website or email fellowship@healthylivingnt.org.au

Membership

Healthy Living NT is a member based organisation. Members have access to a range of additional services and activities including **Territory Way** magazine and enews. To join see our website for details.

The Diabetes Association
of the NT Inc. trading as



healthylivingNT

Healthy Living NT

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Alice Springs 8952 8000

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Healthy Living NT is supported by the



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'Yes ... we are
a QIC accredited
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Life. Be in it.™

Healthy
Territory
Kids.



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Healthy Living NT Client Education

Your partner in heart
& diabetes health



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*Your partner in heart
& diabetes health*

Healthy Living NT provides client education services throughout the Northern Territory for diabetes, pre-diabetes, cardiac conditions.

Healthy Living NT employs diabetes nurse educators, cardiac nurse educators, dietitians and physical promotion educators who can help manage your condition.

Touching Base Sessions

Drop-in sessions for people with diabetes and heart disease are held once a month in Darwin and Alice Springs.

Special Needs Clients

Individual appointments will be made for people who have a physical impairment e.g. deafness, impaired vision, lack of mobility or any client who cannot attend a group education session.

Out of Town Clients

Appointments will be made to coincide with visits to Darwin or Alice Springs. Telephone consultations are also available by appointment and we are also happy to correspond with you by email.

Interpreter Bookings

Interpreters can be booked for any client for whom English is not a first language.

DIABETES

Diabetes nurse educators and dietitians deliver individual and group diabetes education in Darwin, Palmerston and Alice Springs.

Type 2 Diabetes and Impaired Glucose Tolerance (IGT) Getting Started Group

Available for people with newly diagnosed diabetes or pre diabetes or previously diagnosed and needing an update. Held Wednesday fortnight in Darwin and monthly on a Friday afternoon in Palmerston and Wednesday in Alice Springs.

Insulin Initiation and Stabilisation

Individual appointments are available for people commencing on insulin or other injectables with follow up support.

Gestational Diabetes

Ladies diagnosed with gestational diabetes can attend a weekly information session held Thursday's with an individual review appointment the following week to discuss blood glucose levels.

People with Type 1

Have a high priority with individual education and support appointments available, including pump support and pre-pregnancy planning. There are also children's group activities in Darwin.

CARDIAC

Cardiac nurse educators and dietitians deliver individual and group cardiac education in Darwin, Palmerston and Alice Springs.

Hospital Education

Daily visits to Royal Darwin, Alice Springs Hospitals and Darwin Private Hospital for inpatient education.

Healthy Heart Program Cardiac Rehabilitation

A four week program for people recovering from an acute cardiac event or heart surgery. Sessions in Darwin and Palmerston consist of one hour exercise facilitated by an exercise physiologist and one hour of education.

Alice Springs individual education sessions and group exercise classes held weekly.

Individual Consults

Individual appointments can be made for those unable to participate in the group sessions.

Pre Procedure Consults

Appointments for people travelling interstate for a cardiac procedure or operation.