

What's involved in this group?

How long does it take?

- OzDAFNE runs for 5 days from 9am–5pm.
- Most centres offer the standard program which runs from Monday to Friday.
- Some centres offer the 5x1 program which is one day each week for five weeks.
- *If you need time off work we can write you a letter once you are booked in.*

Who runs OzDAFNE?

- An OzDAFNE trained dietitian and diabetes nurse educator run the program.

How much does it cost?

- Centres across Australia charge different costs.

How do I get started?

- Please call 03 9667 1719 or find your local centre at: dafne.org.au
- Our friendly staff will help you with what you need to do.



For more information contact OzDAFNE on:

Phone: 03 9667 1719

Email: OzDAFNE@diabetesvic.org.au

Website: dafne.org.au

Your local centre's details

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government which is administered with the assistance of Diabetes Australia. Diabetes Victoria is the NDSS agent for Victoria.

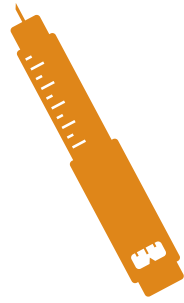


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**A program for
people with type 1
diabetes**

**Less guesswork
More freedom
Better health**



What is OzDAFNE?

DAFNE (Dose Adjustment For Normal Eating) is a program run in small groups for adults with type 1 diabetes who inject insulin.

Does it work?

This self-management approach has been run in Australia as OzDAFNE since 2005.

Research has shown that people who completed OzDAFNE:

- had less severe hypos
- lowered their HbA1c (if above target)
- had less diabetes-related distress
- and were less likely to be admitted to hospital with serious complications from being sick (diabetic ketoacidosis).



Why should I come to an OzDAFNE group?

OzDAFNE helps give you the skills to adjust your insulin according to what you eat.

You will learn about:

Carbohydrate counting

- How much carbohydrate is in meals and snacks.
- Practical sessions on carbohydrate counting.

Insulin dose adjustment

- Checking and changing your long-acting insulin dose (if needed).
- Matching your quick-acting insulin to the carbohydrates in foods you eat.
- Adjusting your insulin for exercise and above target blood glucose levels.

Managing sick days

How to reduce and manage hypos

Eating out and alcohol

Exercise

OzDAFNE participants say...

"This is the most beneficial thing that I have done for my diabetes. It has given me the knowledge and confidence to take control of my diabetes and general health and lifestyle."

"I am no longer guessing. I am applying a formula that works well."

"DAFNE allows me to be flexible."

"Good to get to know other people with type 1 diabetes."

"Facilitators made me feel comfortable about asking questions and sharing. Absolutely no judgment."

"Fun, educational."

An eye-opener."