

## We would like to thank the following people and agencies for their input into this booklet:

Sharona Amos  
Tre Austin  
Margaret Blurton  
Rachael Dann  
Rebecca Hart

Audrey Nettle  
Brendyn Nettle  
Graham Nettle  
Reece Nettle  
Darcell Pickett

Valma Pickett  
Barry Shea  
Brenda Shea  
Daphne Shea  
Peter Shea

Jennifer Taylor  
Shirley Voss  
Edith Willoway  
Lisa Woodley

David Wirrpanda, David Wirrpanda Foundation, Subiaco.

Michael Rosenberg, Director Health Promotion and Evaluation, UWA, Nedlands.

South Metropolitan Public Health Unit, Diabetes Team, Bentley.

Janice Reidy, South Metropolitan Public Health Unit, Bentley.

Marie Pryor, Community Health Centre, Belmont.

Anne Dann, Community Health Centre, Lockridge.

Veronica Dolman, Community Health Centre, Lockridge.

Katie Morris, Community Health Centre, Lockridge.

Jane Hubble, Community Health Centre, Bentley.

Cheryl Phillips, Canning Division of GPs, Bentley.

Sharon Bushby, Derbarl Yerrigan Health Service, East Perth.

Kathy MacKay, South Metropolitan Public Health Unit, Bentley.

Dena Gower, Canning Division of GPs, Bentley.

Delma Balchin, Canning Division of GPs, Bentley.

Marion Kickett, University of WA, Nedlands.

Leanne Woods, Child Institute of Research, Subiaco

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# Live now and have hope for the future.



  
diabeteswa  
Freedom from Diabetes



**Diabetes** is not always a condition that you see straight away and it can be silent, so it is quite easy for people to push it to the back of their mind. In some cases people are not even aware that a family member has diabetes or know how serious diabetes is for that person until they:

- realise them with a leg missing
- hear that they are now on renal dialysis
- realise that they can't see properly

This booklet of hope was developed to share people's positive stories about diabetes. The stories tell what can be done to live for the now and the following pages on hope respond to what can give Aboriginal people hope for a more healthy and better future when it comes to diabetes.

The aim of the booklet is to:

- encourage the local Aboriginal community to think more positively
- change the current negative talk around diabetes
- focus everyone on and believe that diabetes can be prevented or delayed

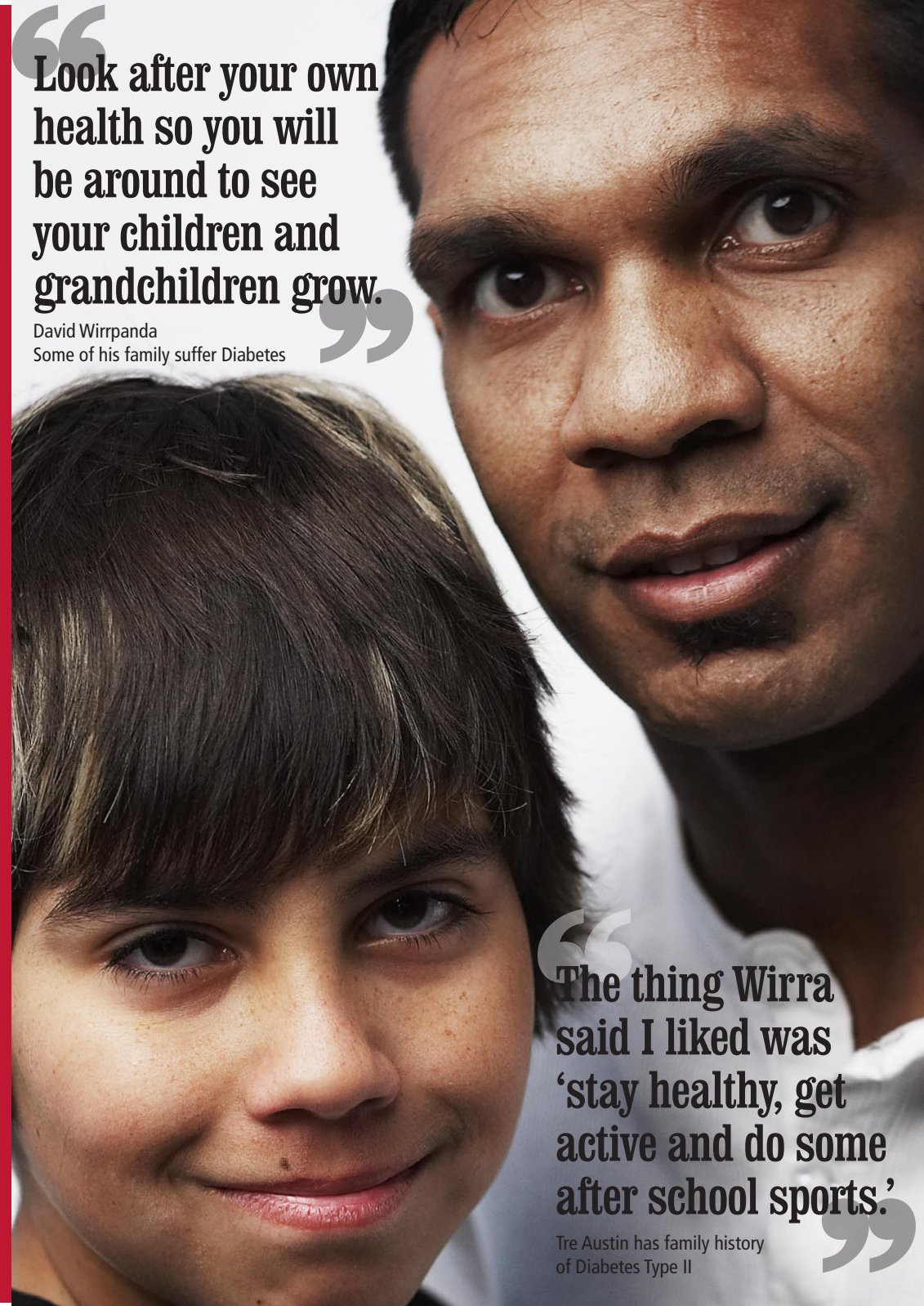
You can play a part in the future!

**“Look after your own health so you will be around to see your children and grandchildren grow.”**

David Wirrpanda  
Some of his family suffer Diabetes

**“The thing Wirra said I liked was ‘stay healthy, get active and do some after school sports.’”**

Tre Austin has family history of Diabetes Type II





“The advice I can give is to learn about diabetes and understand exactly what it is.”

Edith Willoway  
Living with Diabetes Type II



“It’s not a life sentence. You can live a normal life, you just have to change your eating habits and be more active.”

Audrey Nettle  
Living with Diabetes Type II

“Don’t give up and do nothing!”

Reece Nettle has family history of Diabetes Type II



**“Do sport and fun stuff.”**

Reece Nettle has family history of Diabetes Type II

**“Believe in yourself and trust someone that knows the way.”**

Tre Austin has family history of Diabetes Type II

## What can give you hope to prevent or delay diabetes?

The following responses to this question came from some members of the local Aboriginal community in Perth.

### Seeing a better future

- Things get better for you
- Looking forward
- Live life fully
- Control your own destiny
- Live for now to have hope for the future

### Having good support

- Positive leaders
- Role models
- Friends
- People who actually live it (people who share their experience, knowledge)
- Recognise and respect yourself, others, elders and different roles that people have



## Family

- Love of family
- Children, Grannies and Great Grannies
- Family togetherness
- To see future generations

## Being active

- Be active everyday
- Exercise ie. walk, walk the dog, go for a walk with your kids, walk to and from school
- Housework is exercise - sweeping and mopping the floor and hanging out the washing
- Don't curl up like a snake after having a feed - move around

## Better living today

- Being more positive
- Live right, live good
- Get tested
- Do something now - don't wait until you get it
- Respect yourself
- Legs to walk, eyes to see and kidneys to wee
- Small changes in lifestyle
- Choice for yourself
- Take little steps
- Have time for yourself
- Find a balance
- Acknowledge all positive – build on change
- Be healthy and enjoy doing it

## Our beliefs

- Church
- God
- Bible
- The Lord
- Healing
- Healers
- Faith
- Going back to country
- Old people (passed on)
- Ancestors

## Eating healthy food

- Watch your diet
- Eat right, eat good
- Find out what food is healthy and eat it
- Make preparing food fun

## Learning about diabetes

- Understand the illness and situation in life
- Become educated on it (diabetes)
- Become more aware of family history and risk
- Know the signs (of diabetes)
- Diabetes can be controlled
- Go and talk to an elder who has diabetes, find out what they do
- Listen to people's stories – will provide inspiration and strength

“It's not always  
the doom and  
gloom that  
people say it is.”

Edith Willoway  
Living with Diabetes Type II

“If we start changing  
our diet, reducing the  
fat and the sugar, we  
can prevent it.”

Audrey Nettle  
Living with Diabetes Type II

