

## How and where will my diabetes care be provided in Lambeth and Southwark?

### What care to expect when you have diabetes

Diabetes UK has recommended 15 healthcare essentials that every person deserves and should expect from their healthcare service. These are:

- 1 Get your blood glucose levels measured
- 2 Have your blood pressure measured
- 3 Have your blood fats (cholesterol) measured
- 4 Have your eyes looked at
- 5 Have your legs and feet checked
- 6 Have your kidney functions monitored
- 7 Have your weight checked
- 8 Get support if you are a smoker
- 9 Receive care planning to meet your individual needs
- 10 Attend an education course
- 11 Receive paediatric care if you are a child or young person
- 12 Receive high quality care if admitted to hospital
- 13 Get information and specialist care if you are planning to have a baby
- 14 See specialist diabetes healthcare professionals
- 15 Get emotional and psychological support

Go to [www.diabetes.org.uk](http://www.diabetes.org.uk) to find out more about each of these 15 healthcare essentials.

The pathway on the other side of this sheet will help you to understand what kind of support is available in Lambeth and Southwark.

Use these 15 healthcare essentials and the pathway to make sure you are getting the care you need. If you aren't, take this to your diabetes healthcare team and raise the issue with them.

**HELP YOURSELF**

**ONCE YOU KNOW YOU HAVE DIABETES**

**WHERE WILL I BE LOOKED AFTER?**

Depending on the level of care you need, your care may be carried out in 3 main places:

- At your GP
- In diabetes community clinics with a specialist team
- In hospital

According to your needs, you may receive your care in all of these settings

You should receive an information pack – this includes basic information to support you to live well with your diabetes.

This information is available online at [www.londondiabetes.nhs.uk](http://www.londondiabetes.nhs.uk)

**SUPPORT AND EDUCATION**

The majority of your care will be provided by your GP or in the community.

As a result of this it is likely that you will spend a relatively small amount of time in hospital care settings.

It is therefore very important that you feel supported to manage your diabetes at home.

This support includes:

- My Health Plan – setting your personal goals with your health-care professional
- Attending an education programme such as **DESMOND** and **DAFNE**
- Understanding the importance of food and lifestyle

Details of what local support is available for you is in your pack.

**LONG TERM MANAGEMENT OF YOUR DIABETES**

Even if you are looking after your diabetes well, it is still very important that you attend regular checks for you –

- Eyes
- Feet

You should also have regular blood tests and your blood pressure measured

Details of where and how to go for these checks are in your pack.