

APPOINTMENTS

Appointments can be provided face to face or by phone or video.

Appointments are available Monday–Friday, 8.45am–4.30pm.

Self referrals are accepted. Referrals from health professionals can be emailed to: alfredcentrereception@baker.edu.au or faxed to **03 8532 1899**.

COST

For more information about costs please see our website: www.baker.edu.au

General appointments

All our appointments except for the private and team care arrangements range from \$10.30–\$125.

Private fee services

Include appointments for insulin pump therapy and continuous glucose monitoring.

These fees range from \$40–\$250.

Team care arrangement

Care plan coordinated by a general practitioner with allocated visits to allied health practitioners are accepted. An out of pocket fee may apply for some appointments.

INTERPRETER

An interpreter can be booked at no cost to you. Tell us if you would like an interpreter when you book your appointment.



ALLIED HEALTH AND EDUCATION SERVICES

- › DIABETES EDUCATION
- › DIETETICS
- › EXERCISE PHYSIOLOGY

WE WELCOME FEEDBACK

If you want to tell us what we are doing well or what we could be better, please visit www.baker.edu.au or our waiting room feedback station.

CONTACT US

Allied Health and Education Service

Baker Heart and Diabetes Institute
Level 4, 99 Commercial Road
Melbourne Vic 3004 Australia

T +61 3 8532 1800

www.baker.edu.au



Our services can be accessed by people living with a disability.



The Baker Institute acknowledges the Traditional Owners of the land on which Baker institute (Melbourne) resides, the Boon Wurrung peoples of the Yaluk-ut Weelam clan. We welcome and respect all cultures and beliefs.



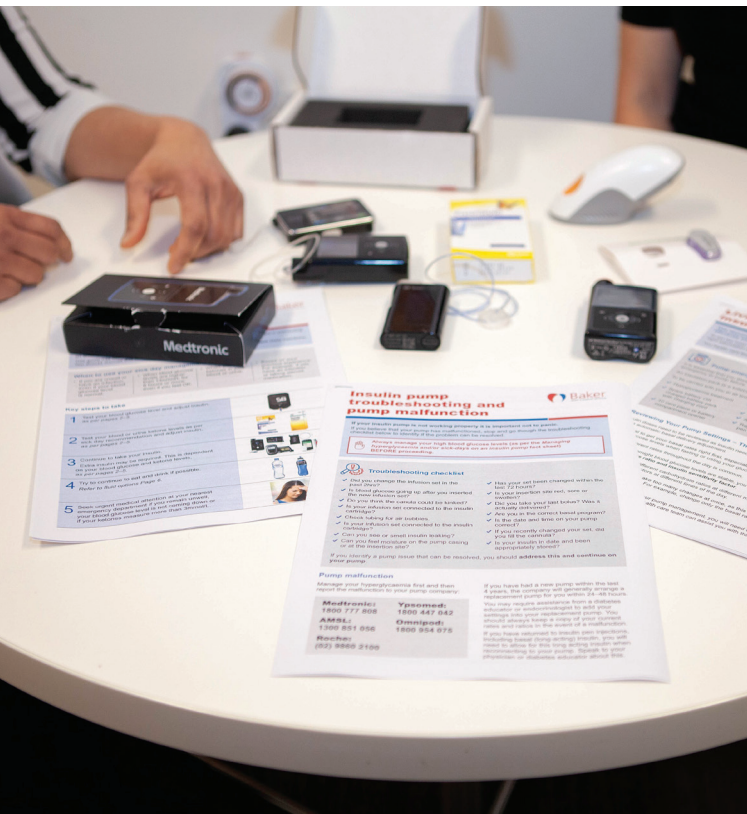
ATTENDING OUR CLINIC

Our services are available to everyone. We respect each client's right to receive high quality healthcare that is safe and suitable for them.

OUR SERVICE

We provide individual appointments and group programs for people wanting information and support to manage diabetes, heart disease and body weight. We offer both face-to-face or phone or video based appointments.

Our staff also provide training to other health professionals, participate in research and health promotion activities and host university student placements.



CREDENTIALLED DIABETES NURSE EDUCATOR

Education and support for:

- Understanding and managing pre-diabetes, type 2 and type 1 diabetes
- Managing gestational diabetes
- Self blood glucose monitoring
- Insulin pump therapy
- Commencing new medications for diabetes including insulin therapy
- Commencing non insulin injectable therapy, e.g. Ozempic, Trulicity and Saxenda
- Continuous glucose monitoring (CGMS) and flash glucose monitoring
- Registration with the National Diabetes Service Scheme (NDSS) and the NDSS CGMS Subsidy
- Prevention and screening for diabetes complications
- Pre-conception care for women with diabetes

ACCREDITED PRACTISING DIETITIAN

Nutrition information and education for:

- Preventing type 2 diabetes if you are high risk
- Managing type 2 diabetes
- Type 1 diabetes including carbohydrate counting
- Gestational diabetes
- Metabolic syndrome
- High blood pressure and high cholesterol
- Weight management including the use of Very Low Energy Diets
- Poly-cystic Ovarian Syndrome (PCOS)

ACCREDITED EXERCISE PHYSIOLOGIST

Information and guidance for:

- Exercise to manage diabetes, heart health and body weight
- Completing safe physical activity depending on fitness level and medical conditions or injury
- Developing a personalised exercise plan including use of our onsite gym or home based activity program
- Suitable group exercise options

GROUP PROGRAMS

FLEXIBLE INSULIN THERAPY (FlexIT)

FlexIT is designed for people with Type 1 diabetes who are managing on basal bolus insulin therapy. The program aims to teach participants how to best match insulin requirements to their food and lifestyle for a more flexible approach to diabetes management. This program has online and face to face options.



SUPPORTING YOU

The Baker Institute aims to reduce death and disability from cardiovascular disease, diabetes and other related health conditions. We achieve this through sharing our research and knowledge and providing clinical care.

Our team will support you to access the health appointments, health information and treatment you want and need.

Sometimes we may suggest a referral to a health professional or a research study at The Baker Institute. Other times, with your consent, it may mean a referral to another health service, or making contact with other health professionals involved in your care.

We can also help you connect with services or organisations that can offer you extra support and advocacy.

For further information on our group programs visit our website www.baker.edu.au or telephone 03 85 32 1800.