

## Contents

- [Initiatives to help generate referrals](#)
- [Life! online](#)
- [Co-facilitation of Life! courses](#)

## Life! courses summary

No. of referrals:	2211
No. of participants in current Life! courses:	1998
Estimated no. of participants completed Session 5:	746
Estimated no. of participants completed Session 6:	610

## NEW waitlist

You can now check the Life! participant waitlist anytime you like at:

<http://www.diabeteslife.org.au/Waitlist/tabid/144/Default.aspx>

This online list is updated regularly.

New additions are usually booked into a course or passed onto a facilitator within a week.

# Initiatives to help generate referrals

The following initiatives aim to help you generate referrals for the Life! *Taking Action on Diabetes* program. Implementing these initiatives will help increase awareness of the Life! program and generate referrals.

## Practice nurse funding

Funding is available from Diabetes Australia – Vic (DA–Vic) to help practices identify patients aged 50 and above at high risk of type 2 diabetes. Practices can encourage those high risk patients to complete the AUSDRISK test, and then make an appointment to discuss their level of risk with a GP or practice nurse and consider referral to a Life! course.

DA–Vic is offering 16 hours employment at \$35 per hour (plus GST) or a total of \$560 (plus GST) for health workers who are interested in recruiting people for the Life! program.

To be eligible for funding, DA–Vic first requires a minimum of 15 eligible patient referrals to the Life! program.

Patients must:

- » be aged 50 years or above
- » score 15 or more on the AUSDRISK test

- » have diabetes excluded in the past 12 months.

Local GP divisions provide support and receive \$350 per practice to implement the funding.

For more information or to apply for the funding contact Emily D'Amico via [edamico@diabetesvic.org.au](mailto:edamico@diabetesvic.org.au)

## Pathology slips

To streamline entry into a Life! course, facilitators and providers can request FREE pathology slips from DA–Vic to offer to potential Life! participants. Pathology slips allow potential participants to access a pathology centre directly, free of charge, to exclude diabetes and measure baseline lipids.

Pathology slips can only be offered to potential Life! participants aged 50 years and over, who have not had their blood glucose tested in the last 12 months, and score 15 or more on the AUSDRISK test.

For more information or to request pathology slips contact Tristan Sherer at [tsherer@diabetesvic.com.au](mailto:tsherer@diabetesvic.com.au)



## Social marketing funding

You can access funding from DA-Vic to promote your course and generate referrals. DA-Vic can assist with funding or provide resources for marketing opportunities such as local advertising, publications – flyers and brochures, local events or expos and personalised advertising to direct people to your upcoming courses.

The funding can be used for providing sandwiches at a local seminar, purchasing vouchers (such as Coles, Rebel Sport etc) as a giveaway for completing risk tests, organising show bags for an event, or a stand at an RSL for example.

Funding is limited and must:

- » target those aged 50 and above
- » have the potential to generate a high number of referrals (five or more).

For more information or to apply for funding contact Lisa Embling on [lembling@diabetesvic.org.au](mailto:lembling@diabetesvic.org.au)

## Resources

There are a number of free resources available for promotional use and awareness raising. You can download the resource order form from the Life! website, under the 'Resource' tab <http://www.diabeteslife.org.au>

You will also find a number of other resources such as the marketing toolkit, print advertisements and editorials. DA-Vic can customise your advertisements to promote your contact details. Other resources that can be obtained are brochure holders, A1 banners reading 'free diabetes risk testing here' and Life!-branded polo tops.

For further information on contact Lisa Embling on [lembling@diabetesvic.org.au](mailto:lembling@diabetesvic.org.au)

## Community presentations

Dr Ralph Audehm provides Life! presentations to a range of audiences in order to raise awareness about the program and generate referrals. Providers and facilitators can request Dr Audehm to speak at any large event including community gatherings, General Practice and allied health meetings.

The DA-Vic health promotion team also offer diabetes prevention presentations which includes information about the Life! program for a minimal fee. These are appropriate for audiences of 15 or more and environments such as the workplaces and community groups.

For more information on presentations please contact Edwina Ryan on [eryan@diabetesvic.org.au](mailto:eryan@diabetesvic.org.au)

## Practice visits and engaging with General Practice

Visiting local GPs and clinics in your area is an important and effective way to engage with GPs and gain referral pathways.

You can arrange practice visits via your local GP division. Alternatively, you can contact your Life! program co-ordinator who can set this up for you via the division.

Dr Ralph Audehm and other members of the Life! team can also attend practice visits on your behalf.

For more information on engaging with local GPs in your area please contact your Life! program co-ordinator.

To discuss your ideas on generating referrals, contact a Life! program co-ordinator:

**Eastern Metro, Gippsland, Barwon South West**

Christine Driessen  
[cdriessen@diabetesvic.org.au](mailto:cdriessen@diabetesvic.org.au)  
03 9667 1756  
0402 796 027

**North and West Metro, Hume, Loddon Mallee, Southern Metro, Grampians**

Saadia Khan  
[skhan@diabetesvic.org.au](mailto:skhan@diabetesvic.org.au)  
03 9667 1773  
0423 791 205



**Call 13 RISK (13 7475) or visit [goforyourlife.vic.gov.au/life](http://goforyourlife.vic.gov.au/life)**

# Life! online

Life! online is a free online type 2 diabetes prevention program designed to assist participants in achieving better health by making lifestyle changes to reduce risk of chronic disease. The program also refers people who are eligible to call 13 RISK and if necessary do the Life! course.

Life! online complements the Life! program and provides participants with a weekly, guided prevention program, including meal plans, activity recommendations and information to help them tackle their risk of type 2 diabetes.

To determine eligibility, the participant must complete the

free online Risk Assessment Tool. Upon completion, the participant will be presented with options to reduce their risk of type 2 diabetes, based on their score.

Further information about Life! online is available at [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## Co-facilitation of Life! courses

In order for facilitators to maintain certification, they need to run two Life! courses per year and attend a Review and Development day. Co-facilitation of Life! courses is one way of maintaining certification. To co-facilitate a Life! course and ensure compliance, it is important all facilitators adhere to the following:

- » No more than two facilitators to co-facilitate one Life! group
- » Preparation and session design is a combined effort
- » The sessions are delivered in a co-ordinated manner, with all material presented in an integrated way to generate a cohesive learning environment
- » No negative comments are to be made about each other
- » Both facilitators must be present for each session of the Life! program and provide their contact details to all group participants

For co-facilitators to accrue points towards certification, it is essential they co-facilitate a complete Life! course. Facilitating one-off or individual Life! sessions does not qualify towards certification. In this instance, the provider will need to add both facilitators to the group as facilitators will not have access to do so. This can be done when creating the group or adding the second facilitator once the group has been created.

**Call 13 RISK (13 7475) or visit [goforyourlife.vic.gov.au/life](http://goforyourlife.vic.gov.au/life)**