

Youth Health

Welcome to the young adult diabetes clinics! These clinics exist as we recognise that young people have needs that are different from childrens' and adults'. You are growing up, discovering who you are and having diabetes might be a small part of that.

Centre for Youth Health work in the clinics with the diabetes team to ensure that they are meeting your needs as a young person. We are available to all of you who choose to come and can help out with school or home or relationships, anything that might be affecting your life. We can also advocate your needs to the diabetes team if you aren't sure that they understand where you are coming from. You can ask any of your diabetes team if you would like to meet with us.

We look forward to getting to know you and walking alongside you on your journey with diabetes!

How to contact us

If you have any questions regarding your appointment, please contact us on:

- Call Centre: (09) 277 1660 or
- 0800 266 513 or
- Email: customerservice@superclinic.co.nz
- Or Txt 8969 (texts cost 20cents)

If you have questions or problems regarding your diabetes between clinic visits, please phone or text the nurse you saw last in clinic.



Whitiora Diabetes Service
Middlemore Hospital
Orakau Road
Mangere East

Phone:276-0006



www.countiesmanukau.health.nz



Young Adult Diabetes Clinic



Manukau & Botany Super Clinic

Diabetes Adolescent Clinic

Welcome

Hi,
Welcome to the Young Adult Diabetes Service at Manukau and Botany Super Clinic. This brochure is to help you become familiar with our service.

We offer a specialist diabetes service to young people with type 1 and type 2 diabetes living in the Counties Manukau area. Our aim is to help you manage your diabetes.

Some examples of the specific advice we can offer are:

- Adjusting insulin to food and activity
- Managing exercise, exams and driving
- Information on new therapies and technologies.
- Insulin Pumps
- Carbohydrate counting sessions (with free food)
- Managing stressful times

Who are we?

Our team (doctors, nurses, health psychologists, dietitians and social workers) work with you, your family and your GP to provide you with support and care to manage your diabetes.

Once you have transferred into our service, we will continue to see you, until you move out of the region, go into full time employment or we decide it would suit you better to attend our adult clinic (these are held at different times, locations and days) we can arrange this too.

Parking

Free parking is available at all of our clinics

Do my parents have to come?

Your parents or guardians are very welcome to come with you, but you will have the opportunity to be seen on your own if you wish.

Can I get a Prescription at clinic?

Yes you can, if you need one before your appointment is due you will need to see your GP.

Where are we?

Our main clinic is currently held on the first Friday of every month in the afternoon, at Module 4, Manukau Super Clinic. We also have an extra clinic which is held monthly on a Monday afternoon at Botany Super Clinic.

Can I choose where I am seen?

The Monday clinic is much smaller and we only have a few appointments, but we will see you there if possible.

Do I have to bring anything?

Please bring your meter and insulin pens too, your logbook if you have one.

Blood Tests

Please have your blood tests done 2-3 days before your clinic appointment, so we can discuss the results. A blood form is sent with your appointment letter.