

## What's involved in this program?

### How long does it take?

- OzDAFNE runs for 5 days from 9am–5pm.
- It is run either Monday to Friday, or one day per week for 5 weeks.

### How is OzDAFNE run?

- Hands on sessions to help you practise your new skills
- Participants share information and experiences in a non-judgemental, supportive environment
- Small group of up to 8 adults with type 1 diabetes
- Led by an OzDAFNE trained dietitian and diabetes nurse educator.

### How much does it cost?

- It is free to attend an OzDAFNE program run by the NDSS agent in your state
- Other centres in Australia may charge a small fee.

### How do I get started?

- Please call 03 9667 1719 or find your local centre at: [dafne.org.au](http://dafne.org.au)



## For more information contact OzDAFNE on:

**Phone: 03 9667 1719**

**Email: [OzDAFNE@diabetesvic.org.au](mailto:OzDAFNE@diabetesvic.org.au)**

**Website: [dafne.org.au](http://dafne.org.au)**

### Your local centre's details

Funding for this program is provided by the National Diabetes Services Scheme which is an initiative of the Australian Government administered by Diabetes Australia. The NDSS Agent in Victoria is Diabetes Victoria. Find out more about the NDSS on the NDSS website or call the NDSS Helpline on 1800 637 700.



**OzDAFNE**  
Dose Adjustment For Normal Eating  
*in Australia*

**A program for people  
with type 1 diabetes**

**Less guesswork. More freedom.  
Better health.**



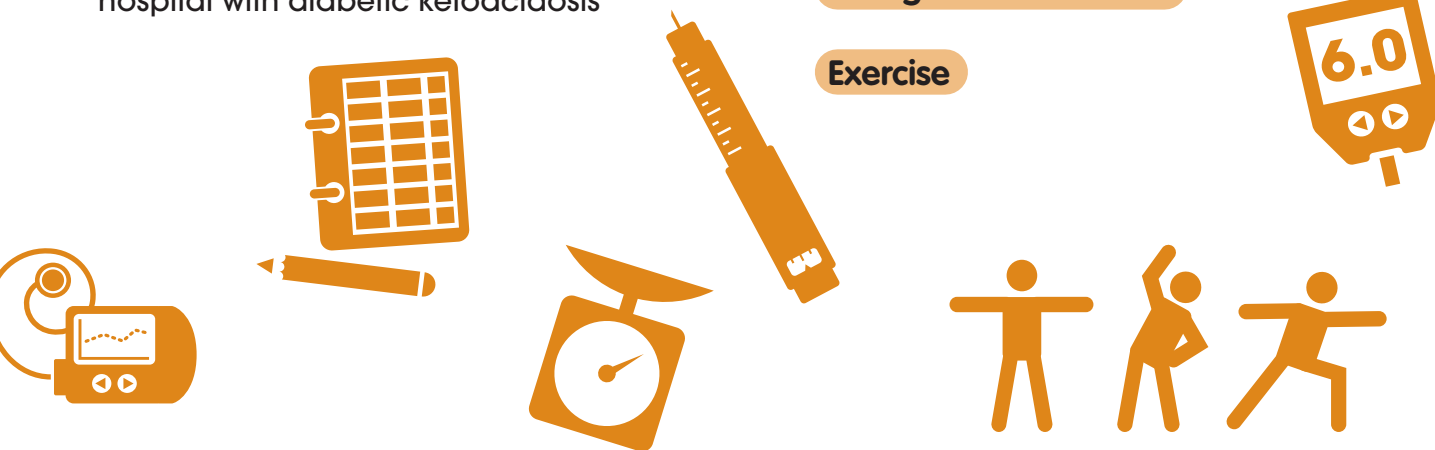
## What is OzDAFNE?

OzDAFNE (Dose Adjustment For Normal Eating) is a program run in small groups for adults with type 1 diabetes. Different programs are run for people using insulin pens, and for those using insulin pumps.

## Does it work?

Research has shown that people who completed OzDAFNE:

- had less severe hypos
- lowered their HbA1c (if above target)
- had improved quality of life
- were less likely to be admitted to hospital with diabetic ketoacidosis



## Why should I come to an OzDAFNE group?

OzDAFNE gives you the skills to adjust your insulin according to what you eat and your lifestyle.

### You will learn about:

#### Carbohydrate counting

- How much carbohydrate is in meals and snacks.

#### Insulin dose adjustment

- Matching your bolus insulin to the carbohydrates in your food.
- Checking and changing your insulin doses (if needed)
- Adjusting your insulin for out of target blood glucose levels.

#### Managing sick days

#### How to reduce and manage hypos

#### Eating out and alcohol

#### Exercise

## OzDAFNE participants say...

*"It is 5 days that can change your life. If you have type 1 you should attend."*

*This is the most beneficial thing that I have done for my diabetes. It has given me the knowledge and confidence to take control of my diabetes and general health and lifestyle*

*"It gave me the tools to manage my diabetes AND showed me how to use them."*

*"I'm very grateful to have finally done the OzDAFNE course and taken back control of my living. It didn't just change my life, it saved my life."*

*"I feel healthier and enjoy life, food and the freedom I now have thanks to the OzDAFNE program."*

*"Sharing the life experiences of other type 1s was invaluable. The group shared fears, experiences, and tips throughout the five days."*