

Practical Tips: Staying organised and making the most of your appointments

EYE CONNECT



Macular
Disease
Foundation
AUSTRALIA



Managing diabetes and eye health means keeping track of appointments, medications, and health checks.

Here are some practical strategies to help you stay organised, ask the right questions, and get the most from every visit to your healthcare team.

Before your appointment

- Write down any questions or concerns you want to discuss
- Bring an up-to-date list of all your medicines, including doses and times
- Gather any relevant test results, referral letters, or previous appointment notes

During your appointment

- Take notes on key points or instructions. If possible, bring a friend or family member to help remember details
- Ask your healthcare professional to write down your diagnosis and any instructions or next steps
- Don't be afraid to repeat a question if you don't fully understand the answer

After your appointment

- Review your notes and instructions. If anything is unclear, contact your healthcare professional
- Use calendars, phone reminders, or programs like KeepSight to help you remember regular eye checks and other appointments

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Quick tips for coordinating multiple health appointments

- **Keep a central calendar:** use a diary, wall calendar, or phone app to track your appointments and set reminders
- **Group appointments:** where possible, book appointments on the same day or week to save time and reduce travel
- **Prepare and confirm:** double-check times and locations and bring your medication list and questions to each visit
- **Keep records:** store notes and instructions from each provider in one place – like a notebook or folder
- **Communicate:** let your providers know about other appointments to help coordinate your care
- **Ask for help:** if it gets overwhelming, ask a family member, friend, or carer to help with reminders or transport
- **Look after yourself:** give yourself time for rest and your usual routines – your wellbeing matters

Support to help you stay on track

Navigating diabetes and eye health can be challenging, but you're not alone. The following programs and organisations offer practical support, reminders, and information to help you manage your health and access the care you need.

KeepSight

A national eye check reminder program administered by Diabetes Australia for people with diabetes. It helps ensure you don't miss your regular eye exams.

Sign up at keepsight.org.au.

Diabetes Australia

Diabetes Australia is a leading national organisation supporting people living with diabetes. They offer factsheets, advocacy, and lifestyle support, including information about diabetes complications, healthy eating, and mental wellbeing. Their website is a great place to find reliable information and connect with community support.

Visit: diabetesaustralia.com.au

NDSS (National Diabetes Services Scheme)

NDSS provides subsidised products (like blood glucose test strips and insulin), education, and support for people with diabetes. The NDSS website offers practical resources on managing diabetes, eye health, and living well. You can also find information about local diabetes services and support groups.

Visit: ndss.com.au

Need more information?

Contact us today.

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