

Scheduled meeting date: Group location:

Peer Leader Name (s):

Group member(s) contacted:

Mode of Contact:

- Group meeting
- Individual contact

Date of contact:

Duration of contact: minutes

Individual contact by:

- Telephone/Skype (circle)
- Face to face outside meeting
- Email
- Text message/ query
- Letter/Fax (circle)
- Facebook

Type of contact:

- First contact for project
 - Regular group meeting
 - Regular individual follow up between meetings
 - Follow up due to absence at group meeting (peer leader contacted absent participant)
 - Specific assistance to group member
- Specify type:.....
- Meeting follow up (participant contacted you

Focus of contact:

- Meeting details (time/location etc)
- Healthy eating
- Social issues (eating out, celebrations)
- Physical activity
- Assessing risks
- Motivation
- Goal setting
- Action planning
- Listening/supporting/problem solving
- Emotional issues (depression, feeling down)
- Coping skills
- Sexual health/issues

- Foot care
- Practical diabetes management (eg measuring glucose, during illness)
- Taking medication
- Linkage with other health professionals
- Negotiating your clinical care
- Health literacy
- Referral to DA-Vic infoline/resources
- Referral to other resources/websites (specify below)
- Advocacy

Notes/comments regarding contact: Specific questions, need for follow up, need to ask support team

