

## Feltman

### ***With thanks to Aboriginal and Cultural Diversity Program Team - Diabetes Victoria***

In 2007, the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and Diabetes Victoria identified the urgent need to address the lack of Aboriginal specific diabetes prevention and management resources. Following consultation with Victorian Aboriginal health workers, the Feltman diabetes education resource was developed, a life-sized felt body showing many of the main parts of the body affected by diabetes.

Feltman is a visual, interactive and culturally specific tool providing an effective way of increasing health literacy about diabetes within the Victorian Aboriginal community. It has been accepted by health workers and community in Victoria and Australia.

Between 2010 and 2014 Feltman was given to 64 organisations in Victoria (Aboriginal and mainstream) and over 300 people participated in training. A further 510 Feltman resources have been distributed across Australia through the National Diabetes Services Scheme.

In 2012, all participants who had undertaken training were asked to complete an evaluation to see how they were using Feltman after their training. Sixty-six people completed the survey. Findings from the evaluation supported the need for ongoing and practical training for health workers to increase confidence levels. The majority of workers said Feltman had increased their knowledge and improved the management of diabetes among clients.

As a result of the 2012 evaluation, the training session has been extended for an additional two hours and now offers a practical component. The evaluation also includes a pre- and post- training survey and a three month follow up survey.



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