



# Moorditj Djena

## Strong Feet



**Podiatry, nutrition and diabetes  
education service for Aboriginal and  
Torres Strait Islander people**

**Tel: (08) 9278 9922**

*We respectfully acknowledge the past, present  
and future traditional custodians of this land,  
the Whadjuk people of the Noongar Nation.*

**A community outreach service**

### How do I contact Moorditj Djena?

Come and see the Moorditj Djena team at clinics which are available throughout the community. Our mobile vans service the northern, southern and eastern metropolitan areas of Perth.

Call us on **(08) 9278 9922**

Email: **[moorditjdjena@health.wa.gov.au](mailto:moorditjdjena@health.wa.gov.au)**

### Our administration officer can help you with:

- updating your contact details
- feeling comfortable while you are waiting to see the team
- providing information about clinic dates and locations
- letting you know how you can make an appointment or rebook an appointment.

**There are walk in clinics, or you  
can make an appointment.**

**Our service is free and  
available throughout the whole  
Perth metropolitan area**

### Notes:

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### Acknowledgements:

Moorditj Djena respects and acknowledges the support and advice given by the Aboriginal community in the development of this brochure and the Moorditj Djena Service.

The use of the term "Aboriginal" within this brochure refers to Australians of both Aboriginal and Torres Strait Islander descent.

Produced by:  
East Metropolitan Health Service  
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This document can be made available in alternative formats on request for a person with a disability.

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# Moorditj Djena Strong Feet

We aim to help Aboriginal people keep their body healthy and strong, especially those at high risk of foot complications as a result of chronic diseases.

Please come and see us if you would like a free health assessment or for any of the following:

- if you are not feeling well
- cuts, sores or infections on your feet
- corns, calluses, hard skin or cracked heels
- numbness, burning or tingling in your feet
- if you have been in hospital because of your feet or diabetes
- if you have had an amputation of your toes or your leg
- your blood sugars are too high or low
- problems with your kidneys and / or on dialysis
- heart disease (had a heart attack or bypass)
- you smoke or chew tobacco daily
- you've lost weight and don't know why
- a lack of energy or reduced appetite



**Minditj  
(Sick) Feet**

**Moorditj  
(Good/Strong)  
Feet**



## Who will I see at Moorditj Djena?

### An Aboriginal Health Professional can:

- provide cultural support
- complete and update your health information
- do an initial assessment
- check blood pressure
- check blood glucose level
- coordinate care with other health services
- refer to other health programs and clinicians
- help you access other community services
- make you feel comfortable.



### A podiatrist can:

- check your feet for any problems
- assess your foot pain
- provide routine treatment
- treat your nails, corns, calluses and cracked heels
- assess wounds and advise on care
- do diabetic and neurovascular assessments
- treat ingrown toenails (nail surgery if needed)
- do a biomechanical assessment
- assess footwear
- help with footcare education

### A diabetes educator can teach you:

- about the different types of diabetes
- what happens in your body with different types of diabetes
- how to control diabetes and what can happen if you ignore diabetes

- about healthy eating, physical activity and medications to help control diabetes
- how to use insulin safely and when to see your doctor
- about going away from home and travelling with diabetes

### and:

- set you up with a new glucose tester to get started and monitor your diabetes
- sign you up to the National Diabetes Service Scheme (NDSS) to access test strips and needles from the chemist.

### A dietitian can:

- talk about the best foods for you and your family's health and wellbeing
- chat about good foods to eat for your heart, kidneys and diabetes
- find out which foods make your blood sugars high with the glucose tester
- provide recipes and suggestions for low cost meals and snacks
- work with you on food changes you would like to make.

