

Diabetes Education Program Q&A

Q: What is the Diabetes Education Program (DEP)?

A: At the Diabetes Education Program, we offer education, skills and support to help self manage your prediabetes, type 2 diabetes and prevent those at risk from going on to develop diabetes.

Q: Who can register for DEP?

A: Our DEP is tailored for adults, ages 18 years and over, with type 2 diabetes, prediabetes or at risk for diabetes, and who live in Durham Region.

Q: How can I register for DEP?

A: To register, fill out the Diabetes Education Program self-referral forms, which can be found on our website www.careachc.ca and provide us with lab results taken within the past 3 months. You can also ask your doctor or nurse practitioner to fax us a referral. Once we receive and review your information, we will contact you to provide you with an appointment date.

Q: What kinds of appointments do you offer?

A: We offer group classes, held virtually through zoom or in person. We also offer individual one on one counseling, with a Registered Nurse or Registered Dietitian.

Q: Is there any mental health supports available?

A: Yes there is! We have a great social worker on our team, here to help you. Just indicate it on the referral, or let us know that you would like mental health support when we call you to book an appointment.

Q: Do you provide foot care services?

A: We offer foot care services for those with diabetes related foot care needs. Please indicate on the referral that this is a service you require.

Q: What other programs do you provide?

A: We run different programs throughout the year, including various cooking classes, and exercise groups. Contact us for more information on what programs are currently running.

Q: What kind of information do you provide?

A: You will learn about what diabetes is, risks and complications, healthy eating and exercise, and how to manage your diabetes. We will also educate you about ways to stop progression of diabetes and ways you can self-manage your diabetes.

Q: Who will I see at the DEP?

A: Our clinic is staffed with Registered Nurses, Registered Dietitians, a Social Worker, and consulting Endocrinologist (diabetes specialist).

Q: Is there a cost?

A: All of our services are free and there is plenty of free parking.