

# LAKERIDGE HEALTH DIABETES EDUCATION PROGRAM AND CENTRE FOR COMPLEX DIABETES CARE

Working together to support adults  
with diabetes in our community

AJAX ● BOWMANVILLE ● PORT PERRY ● WHITBY



**Lakeridge  
Health**

# Lakeridge Health Diabetes Education Program and Centre for Complex Diabetes Care (CCDC)

The Lakeridge Health Diabetes Education Program and CCDC offer comprehensive diabetes care. The dedicated, expert team excels at meeting the unique health and education needs of our community living with diabetes.

## Overview of Services

	Diabetes Education Program (DEP)	Centre for Complex Diabetes Care (CCDC)
What We Do	<ul style="list-style-type: none"><li>• Individualized Diabetes care</li><li>• Ongoing support and education</li></ul>	<ul style="list-style-type: none"><li>• Comprehensive care for those with a complex medical and or social history</li><li>• Short-term intensive support</li><li>• Frequent follow-up</li></ul>
Diabetes Type Seen	<ul style="list-style-type: none"><li>• Prediabetes</li><li>• Type 2 diabetes</li><li>• Pregnant with diabetes</li></ul>	<ul style="list-style-type: none"><li>• Prediabetes</li><li>• Type 2 diabetes</li><li>• Pregnant with diabetes</li><li>• Type 1 diabetes</li></ul>
The Team	<ul style="list-style-type: none"><li>• Administrative Staff</li><li>• Nurses</li><li>• Dietitians</li><li>• Endocrinologist</li></ul>	<ul style="list-style-type: none"><li>• Administrative Staff</li><li>• Nurse</li><li>• Dietitian</li><li>• Endocrinologist</li><li>• Nurse Practitioner</li><li>• Pharmacist</li><li>• Social Worker</li></ul>
Location	Ajax Bowmanville Port Perry Whitby	Whitby
*All services covered by OHIP		

## **Sessions Offered and Typical Areas of discussion:**

- One on one sessions tailored to your individual needs and goals
- Group education classes with peer support
- In person and phone follow up sessions, as needed
- Endocrinologist services (physician referral required)
- Nutrition counselling
- Healthy eating, weight management, heart health
- Blood glucose monitor teaching
- Blood glucose management
- Insulin and diabetes medication management
- Social Support
- Physical Activity, exercise and goal setting
- Caring for your Feet

## **How to Access the Diabetes Programs and CCDC at Lakeridge Health:**

There are two ways for you or your doctor/health care provider to access our Programs:

1. Call the Lakeridge Health Diabetes Program to speak with a Clerk who will assist you in the process, or fax the completed referral form found on our website to **one location only**. See locations and contact information on back of brochure.
2. Call the Central East CCAC Central Diabetes Intake at 1.888.997.9996 to speak with a Central East LHIN Home and Community Care Coordinator who can assist in the process, or fax the completed form to 1.905.444.2544.

**We empower people to live their best health!**

## **Locations and Contact Information:**

### **Lakeridge Health Ajax**

95 Bayly Street West, Suite 404  
Ajax, ON L1S 7K8  
Phone: 905.683.2320 Ext. 15269  
Fax: 905.428.5248

### **Lakeridge Health Bowmanville\***

47 Liberty Street South  
Bowmanville ON L1C 2N4  
Phone: 905.576.8711 Ext. 21247  
Fax: 905.697.4695

### **Lakeridge Health Port Perry\***

451 Paxton Street  
Port Perry, ON L9L 1L9  
Phone: 905.576.8711 Ext. 53726  
Fax: 905.665.2404

### **Lakeridge Health Whitby\***

300 Gordon Street  
Whitby ON L1N 5T2  
Phone: 905.576.8711 Ext. 53726  
Fax: 905.665.2404

## **Centre for Complex Diabetes Care:**

### **Lakeridge Health Whitby\***

300 Gordon Street  
Whitby ON L1N 5T2  
Phone: 905.576.8711 Ext. 53194

\*There is a cost for parking at these sites.