



West Toronto Diabetes Education Program

...achieving health goals together!

The West Toronto Diabetes Education Program (WTDEP) funded by the Ministry of Health and Long Term Care, has been in operation since 2002. WTDEP is extremely fortunate to have a partnership with 5 Community Health Centers, 3 hospitals and 2 other agencies in the City of Toronto. See below to see a list of agencies in this partnership.

This partnership is aimed at addressing the underlying risk factors and complications associated with adult Type 2 Diabetes, Pre-Diabetes and those at risk to improve the client's ability to self-manage their condition. With a physician's referral, our team of Registered Dietitians and Registered Nurse Educators provide individual counseling to adults and seniors at our partner agencies.

We recognize that helping clients to manage their diabetic conditions requires offering activities or programs that would improve their health, within a supportive group setting. Programs must be enjoyable, easily accessible and FREE. We offer Fitness, Tai Chi and Yoga classes facilitated by certified instructors, and attended by a member of our diabetes team. Recently we have held classes in some Toronto Housing Supportive Housing Buildings. For those with mobility issues, this is a huge advantage; access is no longer a barrier. For those who live nearby, perhaps not familiar with our program, they are also welcome to participate in these programs and learn about our programs.

As the program has grown, we have been able to add new initiatives that try and reach our hardest to serve populations. We have connected with Reconnect Mental Health Services, running monthly group sessions and individual counseling. Working with this community, we realized that we needed to revise how we support clients with mental health illness. On August 20, 2009 we held a forum on Diabetes and Mental Health at LAMPCHC, with the focus on improving service. Over 40 clinicians from various CHC's and other agencies attended. The overall consensus from this forum was the significance of interdisciplinary care (such as case managers, CAMH, Crisis Workers, Social Work) for clients with on-going mental illness.

As we move forward, our goal is to continue to collaborate with clients to support them as they manage their diabetic condition. We recognize this has become increasingly more difficult due to stress and other psycho-social and financial constraints. Part of the service we provide to our clients is our ability to refer them to programs and services that may assist them. We would encourage you to contact us (at 416-252-6471) to learn more about our program. WTDEP will be happy to be of service!

