

Diabetes Prevention and Care

Every
One
Matters.

The London InterCommunity Health Centre's Diabetes Program is based on an empowerment model supporting self-care capacity development in those with pre-diabetes or diabetes. We specialize in providing care to those who face barriers to health care access. These barriers may include ethno-cultural background, language, literacy, socio-economic status, addictions, or mental illness.

Our Diabetes Care Team includes a team leader, social worker, two registered nurses and two dietitians. All staff are certified or working toward Certified Diabetes Educator status with the Canadian Diabetes Certification Board. Those with diabetes who are also clients of the Health Centre may also access the services of a registered foot care provider.

To reach out to community members with pre-diabetes or diabetes, we offer open-ended monthly self-management groups designed around the unique needs of the diverse communities we serve. Anyone may refer themselves to the groups, which are structured to be interactive. Questions may be asked throughout the session and the content is largely driven by the expressed interests of the participants themselves. Participants report learning from the experiences of others within a supportive, welcoming environment.

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In addition to attending monthly self-management groups, participants are invited to meet individually with members of the interdisciplinary care team for counselling, education and support. Clients may choose to receive a Diabetes Passport to record HbA1c and weight. This information can be used to measure their own progress as well as to share with their family physician or other health care providers.

In addition to individual counselling and self-management, the Diabetes Care Team also does outreach with local family physicians and pharmacies.



Our Vision

Building opportunities for healthy and inclusive communities.

Our Mission

We provide inclusive and equitable health and social services to those who experience barriers to care, and we foster the active participation of individuals and the communities that we serve.

Our Core Values

At the Health Centre we commit to: social justice, equity, caring, inclusion and respect.

For more information about our Diabetes Care Team, please call 519-660-0874.

659 Dundas Street
London ON N5W 2Z1
Tel: 519-660-0874
Fax: 519-642-1532

Unit 7 - 1355 Huron Street
London, ON N5V 1R9
Tel: 519-659-6399
Fax: 519-659-9930

