

# Resources for People with Diabetes

## A GUIDE FOR PATIENTS

### 1) Diabetes Education Centres (DECs)

Your family doctor should refer you to the local DEC as soon as possible following diagnosis. DECs have courses and information to help you manage your diabetes. Service availability at the DECs is variable. There is no charge to attend most DECs.

Location and phone number of your local DEC: \_\_\_\_\_  
\_\_\_\_\_

### 2) The Diabetes Team

In addition to your family physician, in some parts of the province there are a number of other professionals who may assist you in the management of diabetes. Your doctor will provide a referral if necessary. Members of your diabetes team may include:

- Diabetes nurse educators
- Nutritionists/dietitians
- Ophthalmologists/optometrists
- Endocrinologist/internist or other specialist
- Podiatrists
- Physiotherapists
- Dial-a-Dietitian\*
- Cardiac rehabilitation centres
- Healthy heart programs
- Community health nurses
- Laboratories
- Social workers
- Support groups
- Pharmacists

\* 604 732-9191 in Vancouver; 1 800 667-3438 toll free elsewhere in B.C. or [www.dialadietitian.org](http://www.dialadietitian.org)

### 3) Canadian Diabetes Association (CDA)

The Canadian Diabetes Association is the largest non-governmental supporter of diabetes research, education and advocacy, with 32 branches throughout British Columbia. The CDA branches do not provide direct health care, but rather offer information, community referrals, resources including free and charge literature, and a reference and lending library. Contact:

Canadian Diabetes Association  
B.C. Yukon Division Office  
1385 West 8th Avenue, Suite 360  
Vancouver, B.C. V6H 3V9

Bus: 604 732-1331  
Toll-Free: 1 800 665-6526  
Fax: 604 732-8444  
Web site: [www.diabetes.ca](http://www.diabetes.ca)

### 4) BC HealthGuide Program

Basic information on diabetes can be found in the *BC HealthGuide*. This guide can be found online at [www.bchealthguide.org](http://www.bchealthguide.org) or in the handbook that was delivered to households throughout the province. The online knowledge base also provides more detailed information about diabetes as well as health tools to help you manage your diabetes.

The 24-Hour BC HealthGuide NurseLine puts you in touch with a Registered Nurse any time of day or night just by calling one of the following numbers:

Local calling within Greater Vancouver	604 215-4700
Toll-free elsewhere within BC	1 866 215-4700
Deaf and hearing-impaired toll-free province wide	1 866 TTY-4700

### 5) Other Resources

A variety of other resources are available for people with diabetes. You may find helpful programs at your local community centre or listed in the yellow pages.

# Know who to turn to



CANADIAN  
DIABETES  
ASSOCIATION

ASSOCIATION  
CANADIENNE  
DU DIABÈTE

The Canadian Diabetes Association promotes the health of Canadians through diabetes research, education, service and advocacy. The Association provides people affected by diabetes – those living with the condition, their family, friends, caregivers, colleagues, employers and others – with information, education, community referrals and advocacy.

## **Canadian Diabetes Association**

Business: 604 732-1331

Pacific Area

Toll-free: 1 800 665-6526

360-1385 West 9<sup>th</sup> Avenue

Fax: 604 732-8444

Vancouver, B.C. V6H 3V9

Web site: [www.diabetes.ca](http://www.diabetes.ca)

## **Diabetes Information & Support Centre**

Access our information line and obtain free literature with current information on diabetes care and management. Individuals with diabetes can receive “starter” packages on diabetes management as well as customized packages that address specific information needs such as meal planning, physical activity, understanding complications and learning the importance of one’s role in diabetes self-management. We also provide referrals to other services in the community.

## **Diabetes Dialogue**

Published quarterly, Diabetes Dialogue is our health and wellness magazine dedicated to living life to the fullest while living with diabetes. Get the latest information on nutrition, research, exercise, medical updates, lifestyle management, advocacy and resources.

## **Forums & Information Sessions**

Diabetes forums and expos designed to meet the educational needs of people with or affected by diabetes are held throughout BC every year.

## **Cooking For Your Life!**

We offer a four-session hands-on cooking and nutrition education program. This nutrition self-management program is for anyone wanting to develop a healthier lifestyle, including those affected by diabetes or living with other chronic health conditions. The program has been adapted for youth and families, those who are deaf and blind, and the Cantonese-speaking populations. Offered in select locations throughout BC.

## **Advocacy Support**

People with diabetes often encounter barriers because others make incorrect or misinformed assumptions about the disease. We take action against discrimination with initiatives that address issues including insurance, driver’s licensing, employment and the financial costs associated with diabetes.

## **Insurance**

Because insurance can be very difficult to obtain for people with diabetes, the Association works with an insurance provider experienced in working with people with special needs. We’re able to provide access to a wide range of insurance products and information.

### **Diabetes Information & Support Centre**

Telephone: 604 732-4636 or 1 800 268-4656

**Chinese language service**

(Cantonese & Mandarin)

604 732-8187 or 1 800 666-8586

E-mail: [infobc@diabetes.ca](mailto:infobc@diabetes.ca)