

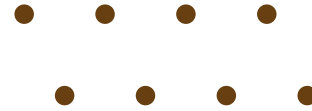


# Diabetes

## A Guide to Self-Management

Supporting People with Diabetes to Live Life Well

# Mission, Vision & Values



## Mission

Langs is committed to ensuring that every person in our neighbourhoods will have a place to call home for health, wellness and community support.

## Vision

Changed lives, healthy communities.



## Values

- Integrity
- Respect
- Accountability
- Collaboration
- Innovation
- Excellence

## Location

1145 Concession Road  
Cambridge, ON  
(519) 653 - 1470

# Welcome to the Community Diabetes Program

The Community Diabetes Program provides education and support for people to self-manage Type 1, Type 2, Gestational Diabetes, as well as those who have Pre-diabetes.

**Access our the Langs program at any of the following sites**

Cambridge Site 1145 Concession Road Cambridge, ON	www.langs.org 519-653-1470 ext. 285
North Dumfries Site 2958 Greenfield Road Ayr, ON	

## About the Program

- Learn how to check, manage and stabilize your blood sugar levels
- Free interpretation services are available
- People without benefits are welcome
- Referrals are made by your health care provider or you can self-refer
- We offer our programs and services in the community
- We offer in-person and virtual classes to provide the knowledge and skills to help you self-manage

## Services We Offer:

- Individual appointments with a Certified Diabetes Educator
- Group Education on diabetes, insulin management, carb counting, heart health, label reading and glycemic control
- Physical Activity Classes
- Chiropody services and Foot Care
- Retinal Screening (when available)
- Support in Diabetes in Pregnancy including gestational diabetes and post-partum education
- Specialist clinics, insulin pump management and support
- Insulin pump start
- Drop-in support groups

# Meet Our Team

**Nurses**

**Dietitians**

**Kinesiologist**

**Social Worker**

**Chiropody & Foot Care**

**Medical Secretaries**



## **Certified Diabetes Educators (CDE)**

- We have Registered Nurses and Registered Dietitians that are specially certified to deliver diabetes education in our community
- With your doctor's permission, our Certified Diabetes Educators are able to assist you with adjusting diabetes medications such as insulin to help you better manage your blood sugar levels
- Our nurses and dietitians will work with you, your family doctor or your diabetes specialist to help manage your diabetes and prevent complications as much as possible
- A social worker providing support for individuals and group needs is also available
- Learn how to keep active and motivated with our registered kinesiologist



# Classes

Class Name	Description
Living Well with Diabetes	Learn more about how to lower blood sugar with physical activity, healthy eating and medications. Discover new tips and tools to help you manage your diabetes!
Counting Carbohydrates	Carb counting is a meal planning technique to help manage your sugar levels. Learn how to read and understand food labels to make healthier choices.
Healthy Steps	A prediabetes class giving you all the facts on how to improve your blood sugar, blood pressure and cholesterol to keep diabetes and heart disease at bay.
Heart Healthy Eating	Learn about the cholesterol in your blood, the types of fat found in food and how this affects your heart health. We provide easy ways to cut down salt and fat in your meals.
Insulin Adjustment	If you are taking insulin, we have simple tools that you can learn to use to safely adjust your daily insulin doses. It is highly recommended to attend the Counting Carbohydrates class prior to this class.
Glycemic Index	Learn about the various carbohydrates and their sugar content to help make decisions on which foods can help manage your sugars.



# Classes

Class Name	Description
Gestational Diabetes	Learn how to manage gestational diabetes for a healthier and safe pregnancy.
Healthy Mom, Healthy Baby	Learn how to continue a healthy lifestyle after gestational diabetes.
Let's Move Exercise Class	Get moving, have fun and get healthy! Exercise is one of the best ways to lower blood sugar, make your heart stronger and feel good!

Classes are available virtual or in-person.  
Visit [www.langs.org](http://www.langs.org) to find more details on each class.



# Rights, Responsibilities & Privacy



Langs works hard to ensure that all participants, patients, volunteers and staff are treated with respect and that personal health information is kept private, confidential and secure.

## Your Rights

- To be treated respectfully, fairly and with dignity.
- To have individual differences respected which may include various ethnic, psychological, spiritual, language, family, gender, sexual orientation or cultural issues.
- To feel safe and be free from any form of abuse and conscious or unconscious bias.
- To feel accepted and included.
- To express opinions and be heard in a manner that is open, honest and accepting.
- To have privacy and confidentiality respected.
- To know what is expected, acceptable behaviour and to know the consequences of unacceptable behaviour.
- To receive support from Langs, and the local community.
- To provide feedback on programs and services in the organization.

## Your Responsibilities

- To be committed to fulfilling Langs' vision, mission, principles and values.
- To conduct yourself according to Langs Ethics Policy.
- To be committed to a holistic approach to health.
- To be committed to attending appointments as directed to ensure continuity of care.
- To be accountable for your actions and decisions.
- To promote behaviour that ensures a safe environment.
- To treat others with respect, fairness and dignity.
- To not abuse the power invested in each of us.
- To be punctual.
- To inform the organization of the need to correct or change personal information.
- To be committed to the holistic approach to health and wellness.



## Privacy and Confidentiality

- Your information is only shared with your team of providers to provide you with the best service possible.
- We keep your information private and confidential unless we are required to release it by law.
- We will ask your permission before we share any information outside of our Program.
- We will not release results to family members unless we have your permission to do so.



# Get Started Today



**Book an appointment online or by calling:**

**(519) 653-1470 ext. 285  
or visit [www.langs.org](http://www.langs.org)**

## **Your Feedback is Important**

We would like to provide the best possible care. Please let us know how we can improve our services.

Ask a member of the Diabetes Team for a copy of our satisfaction survey, the link to the survey, or use the QR code below:



[HTTPS://WWW.SURVEYMONKEY.COM/R/35NMTDS](https://www.surveymonkey.com/r/35NMTDS)



**WaterlooWellington**  
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