

SOLE SAVER

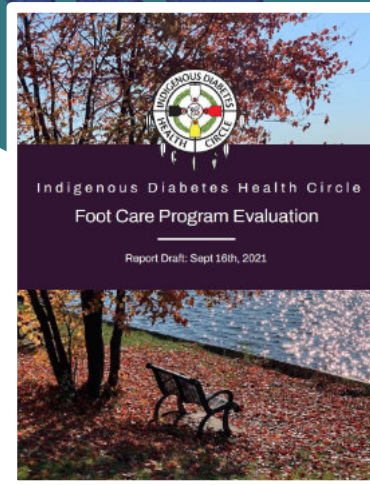


Foot Care Program

Serving Indigenous Peoples in Ontario Since 2007

Under the guidance of Elders, the Foot Care Program is an evolving holistic wellness program serving Indigenous people in Ontario. IDHC increased community frontline health worker capacity as it worked to:

- provide professional training, such as the Level 1 Foot Care course
- extend Cultural Safety training to foot care practitioners, ensuring safe and respectful client treatments
- develop and share resources
- deliver foot screenings by service providers (identifying foot care concerns and making referrals early while concerns are fully treatable)
- increase the circle of care to communities



How the Foot Care Program Served Its Clients

Foot Care Program Outreach and Event Services between 2013-2019

Percentage or Number	
36.6%	Of requests for services reported no foot care resources were being provided in their community
171	Events coordinated
16,096	Attendees
1,808	Referrals made
57.3%	Of attendees said they had unknown foot concern identified
96.6%	Of attendees said they learned more about foot care self-care
17%	Graduates of the Level 1 Diabetes Foot Care Training (DFC1)

2010-2019 Ongoing Clinic Program Client Experience

92.2%	Of applications approved
6,992	One-on-one footwear teachings provided
1,430	Ingrown-nail treatments provided
398	Ulcers prevented (based on Service Providers estimations)

From first visit to last visit, clients with protective-sensation loss:

21%	Recovered partially or complete sensation
78.5%	Halted progression to more serious complications

In 2021, IDHC, Laurentian University and Diabetes Action Canada's Strategy for Patient Oriented Research (SPOR) completed a program evaluation describing positive impacts on IDHC clients, the Indigenous people in Ontario.

For more information contact Lindsey Cosh,

Foot Care Coordinator at fcc@IDHC.life or C. 289-668-0551 or T. 1-888-514-1370 ext. 108 or T. 705-222-1370 ext. 201.

Find the report and other foot care resources here:

<https://idhc.life/foot-care-program/>

