

Important information for the Diabetes Active Steps for Health (DASH) Program

What is the DASH Program?

The DASH program is intended to reduce fall risk by identifying deficits in balance, sensation, and early identification of foot ulcer risks in people with diabetes. In our assessments, we use advanced gait and balance metrics in combination with screening for signs of diabetic neuropathy. We also refer patients for foot care services when appropriate, to reduce the risk for diabetic foot ulcers and further complications. Finally, an individual tailored home exercise program is included to improve balance, strength, and physical activity habits. A reassessment is completed at 8 weeks to measure improvements from the exercise program.

Who is the DASH Program for?

Anyone who is living with diabetes and can walk at least 10 metres independently (can use an cane or walker), and meets any of the following is eligible to participate in the DASH Program.

- Age 50 or older
- Has experienced a fall
- Is at high risk for falls
- Has changes in sensation in their feet

Where is the DASH Program hosted?

The DASH Program is located in the Polyclinic at 199 Grafton St., Charlottetown, which is accessible by wheelchair. For help finding the suite call 902-288-1170.

How long does an assessment take?

An assessment is expected to take 45 minutes to 1 hour. The assessment is performed by a Physiotherapist and includes gait, balance, neuropathy, and foot health outcomes. Following the assessment, patients receive a customized home exercise program, referrals to foot care services if necessary, and a reassessment 8 weeks later. A Licensed Practical Nurse is available 1 day a week to provide footcare for those unable to access community footcare services, and to provide preventative education for common diabetic lower limb conditions.

How do I refer someone to the DASH Program?

Participants in the DASH program do not require a referral, however for your convenience a referral form is attached. Anyone meeting the criteria is eligible.

What will the DASH Program cost for patients?

There is no cost to patients.

What doesn't the DASH Program do?

The DASH Program is not a diagnostic, medical, or education centre for diabetes. The primary purpose is reducing the risk for falls through early identification by improving strength, balance, education, and providing referrals for foot care when appropriate.

Where can I get more information?

Contact us by phone or fax, or using the contact information below.

DASH Program

Located at the Polyclinic, 199 Grafton St, Charlottetown

P: 902-288-1170

F: 902-569-0579