

# Foot Care Clinic

Seniors and Adults (16 +)



## Overview

CCD's Foot Care program is an important Health and Wellness service. Focus is on prevention and early intervention, and education to help keep you mobile and decrease your risk of developing foot problems and conditions that can lead to serious health complications. Treatments are 15 minutes in length and include nail trimming and filing, paring down calluses and heels, removing corns, applying foot lotion and basic foot care monitoring.

## Clients Supported

People who need assistance with basic foot care due to loss of vision, mobility issues or diabetes.

## Service Provider

A Registered Practical Nurse or Registered Nurse provides care. They follow all COVID-19 safety protocols and have taken specialized training in Foot Care.

## Limitations

Clients are encouraged to seek assistance from their own physician to be referred to a Podiatrist or a Chiropodist when problems are identified that do not fall within the scope of the Foot Care Clinic.

## Cost

\$25 for the first appointment which includes a complete assessment. \$22 for subsequent appointments providing Foot care, education and follow-up.

## Availability

Foot Care Clinics are available in Brock, Clarington, Pickering, Scugog, Uxbridge and Whitby. Please note: In Oshawa, Foot Care Clinics are offered by the Oshawa Senior Community Centres. Each appointment is 15 minutes long. They can be booked every 4, 6, or 8 weeks depending on your needs as prescribed by the nurse practitioner.

## **How to book a Foot care clinic appointment**

For information on how to book an appointment at one of CCD's Foot Care Clinics, please call 1-888-255-6680 or complete the online referral form found at Request Service.

## **Learn more**

CCD's Foot Care team also can connect clients with the other integrated community support services offered by Community Care Durham and our partners to support people to live independently in their own homes.

## **Related Services**

[communitycaredurham.on.ca/services/transportation/](https://communitycaredurham.on.ca/services/transportation/)  
[communitycaredurham.on.ca/services/adult-day-program/](https://communitycaredurham.on.ca/services/adult-day-program/)