

Community Health Services

Presentation for WECHC

Board Orientation

October 22 2020

Community Services Teams

CHC funded

Health Promotion Team

1 Health Promoter/System Navigator,
1 Health Promoter/Community Developer

Let's Connect (Early Years) Team

1 RN, 1 Dietitian, 1 ECE, 1 Child and Youth
Worker

Mental Health Team

2 Social Workers, 1 O.T.

Community Services Teams

CSS Funded

Community Support Services for Seniors Team

**1 Community Support Services for Seniors and
Adults with Disabilities/Volunteer Coordinator**

1 CSS Life Enrichment Lead

1 Assisted Living PSW Coordinator

1 Assisted Living Client Services Coordinator

Community Services Teams

Health Promotion Team

Stephanie Skelding, R.N.

Health Promoter/System Navigator,

Diane Van Dyk,

Health Promoter/Community Developer

Definition of Health Promotion

- Health Promotion is based on the social determinants of health and is more than the absence of disease. It is a resource for living that includes a sense of physical, mental, emotional, spiritual and social wellbeing.

Examples of Social Determinants of Health

- Income and social status
- Healthy child development
- Education
- Social and physical environments
- Employment and working conditions
- Personal health practices and coping skills

Some Current Health Promotion Activities

- Men's Cooking class
- Healthy Beginnings, Healthy Life
- Smoking Cessation Counselling/Quit Cafe
- Community Health and Wellbeing Week activities
- Community Garden
- Social Prescribing Pilot

Definition of Systems Navigation

- Assist individuals in navigating the health system, community programs and supports, and social services.

Definition of Community Development

- The Community Developer seeks to empower individuals and groups of people by providing them with the skills they need to effect change in their own communities.
- Community Development starts from the principle that within any community there is a wealth of knowledge and experience which, if used in creative ways, can be channeled into collective action to achieve the communities' desired goals.
- Food Security-Community Garden, Good Food Box
- Canadian Index of Wellbeing Survey (3 task teams arose)
- Youth, Mental Health and Food Security Task Teams

Community Services Teams

Let's Connect (Early Years) Team

Debi Feasey R.N.

Danielle Gullo, R.D.

Cindy DaCosta, E.C.E

Kristyn Munroe, Child and Youth Worker

Registered Dietitian: Nutrition Support and Advice
for individuals and families

(all ages) (non diabetic)

Community Services Teams

Let's Connect (Early Years) Programs

- Registered Nurse: Breastfeeding Support and Advice
- Registered Early Childhood Educator: Individual tutoring up to grade 2
- Prenatal Classes
- Grow with Baby (West Lorne, Dutton, Rodney)
- Kitchen Kids
- Baby Food Making/Beyond Baby Food Making

Community Services Teams

Let's Connect (Early Years) Sample Programs

- Cooking Kids
- Krazy Kitchen
- Collective Kitchen Opportunities
- Craving Change
- Count Down to Christmas
- Around the Kitchen Table (10-12 year olds)
- Car Seat Education
- Large Community Events: Teddy Bear Picnic, Fall Family Fun Night

Mental Health Team


West Elgin
Community Health Centre

Counselling Services

- Free & Confidential
- Available for all ages
- Minimal waitlist
- Self referrals accepted
- Not necessary to have a medical provider at WECHC
- Evening appointments available

PROGRAM: Mental Health Team
To make a referral, ask for a referral form to the Mental Health Team

CALL: 519.768.1715 | [WWW.WECHC.ON.CA](http://www.wechc.on.ca)

 Ontario's Community Health Centres

EVERY ONE MATTERS.

Community Services Teams

Mental Health Team

- **Melanie Silos-Crowell, M.S.W.**
- **Robert Wojkowski, M.Sc. OT Reg. (Ont.)**
 - **Amanda Blackburn, M.S.W.**
 - **Cheryl Vanderveen (on leave)**

Description of Services

- Services include:
- RAM appointments
- Single Session Therapy (walk-in)
- Individual counselling and therapy
- Couples counselling
- Eligibility
 - Medical Provider not needed
 - Voluntary Service (Over 12yrs old.)
 - Free

Services Available to Clients

- Age breakdown:
 - Up to 18yrs old (Mel)
 - 18-64 yrs old (Rob and Cheryl)
- WECHC clients can access specialized assessment: Child and Adult Psychiatry

Some Groups Available to Clients

- Happiness 101
- Coping with the Seasons
- Quit Café
- Sleep Better
- Mindfulness

Community Services Teams

Community Support Services Team (CSS)

Shelly Vergeer, CSS and Volunteer Coordinator

**Jenna Noorenberghe, CSS Life Enrichment
Lead**

Community Support Services available for seniors in the West end of Elgin County

- Meals on Wheels
- Transportation (including accessible vehicle)
- Friendly Visiting
- Telephone Reassurance
- Congregate Dining
- Caregiver Support Training, Information and Education
- Volunteer Coordination



October 2018

COMMUNITY SUPPORT PROGRAMS

Questions?




Shelly x2210

519-768-1715

Bettyjo x2319

Check out our website: wechc.on.ca



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>1:30pm Caring Crafters, HUB</p>	<p>2</p> <p>11:30am Soup's On - HUB 11:30am Blood Pressure Clinic, Drop In -HUB</p>	<p>3</p> <p>10 am Arting Around-HUB 2:30 pm VON SMART Exercise Program-HUB</p>	<p>4</p> <p>2 pm Home Support Exercise -HUB</p>	<p>5</p> <p>2 pm VON SMART Exercise Program-HUB</p>
<p>8</p> 	<p>9</p> <p>10am MS Support Group - WECHC 4pm Baking Group - HUB</p>	<p>10</p> <p>10 am Arting Around-HUB 1:00 pm Brain Injury Group-WECHC 2 pm VON SMART Exercise Program-HUB</p>	<p>11</p> <p>11am Walk n Dine - HUB - Nordic Pole Walking 2 pm Home Support Exercise HUB</p>	<p>12</p> <p>2 pm VON SMART Exercise Program-HUB</p>
<p>15</p> <p>1:30pm Caring Crafters, HUB 4pm Open Art Group-HUB</p>	<p>16</p> <p>11:30am Soup's On - HUB 11:30am Blood Pressure Clinic, Drop In -HUB</p>	<p>17</p> <p>10 am Arting Around-HUB 2 pm VON SMART Exercise Program-HUB</p>	<p>18</p> <p>10:30 am Parkinson Support Group- HUB 2 pm Home Support Exercise -HUB</p>	<p>19</p> <p>2 pm VON SMART Exercise Program-HUB</p>
<p>22</p> <p>10am MS Support Group-WECHC 1:30pm Caring Crafters, HUB 4pm Open Art Group-HUB</p>	<p>23</p> <p>11:30 Senior Luncheon 4pm Drop In Group - HUB</p>	<p>24</p> <p>10 am Arting Around-HUB 1:00 pm Brain Injury Group-WECHC 2 pm VON SMART Exercise Program-HUB</p>	<p>25</p> <p>2 pm Home Support Exercise HUB</p>	<p>26</p> <p>2 pm VON SMART Exercise Program-HUB</p>
<p>29</p> <p>1:30pm Caring Crafters, HUB 4pm Open Art Group-HUB</p> 	<p>30</p> <p>www.wechc.on.ca</p>	<p>31</p> <p>10 am Arting Around-HUB 2:30 pm VON SMART Exercise Program-HUB</p>	<p>Every One</p> 	

Our Teams

Community Services Teams

Assisted Living Team

1 A.L. PSW Coordinator- Betty Jo Drent

**1 A.L. Client Services Coordinator-Tobi
Maniacco**









**Full Time, regular part time and Casual
staff, PSWs and DSWs.**



ASSISTED LIVING SERVICES



Core Services Available Could Include:

-  Bathing, dressing, other personal care
-  Medication assistance and reminders
-  Grocery help or meal preparation
-  Hot meal program 7 days/ week through Bobier Villa(Dutton locations only)
-  Light Housekeeping/laundry
-  Response in an emergency
-  Security/Reassurance Checks
-  Emergency Response

- **HISTORY OF PROGRAM**

- It all started with a small Supportive Housing Program funded through the Ministry of Health in 1998.
- The program had 6 clients in 1 building with 4-5 staff members.
- WECHC has since received additional funding through the Aging at Home Initiative through the SWLHIN .

CURRENTLY

- We currently service 29 clients throughout 4 buildings and in their own homes in the local communities.

- The program provides personal support services and essential homemaking services free of charge to seniors and disabled adults with physical disabilities.
- Their service requirements must justify the need for the availability of 24 hour service assistance. Currently staff are available by cell from the hours of 10pm-6am and live within a 30 minute response time)
- This program allows seniors to age at home, therefore avoiding premature Long Term Care Placement or spending time in a hospital bed awaiting another level of care option.

- **WECHC is a keen advocate of education for our PSW staff. Training includes:**

- Elder Abuse,
- PSNO
- Geriatric Refresher
- Foot Care
- Therapeutic Touch
- GPA
- Managing Conflict with angry Clients
- Professionalism and service excellence
- Healthy Relationship Building and Successful Bonding
- Medications for PSW's
- After the 2nd look
- Palliative care isn't just about cancer
- Fundamentals of Palliative Care
- Advanced Palliative Care
- Food Handlers Certificate
- CPR/First Aid

- Home Support Exercise Program
- Dealing with difficult behaviours
- Stress Management
- Parkinson's Education Program (10 modules)
- U-First
- Elgin Elder Abuse
- Alzheimer's Society-Information series
- Working with clients with Diabetes
- Intercultural Communication
- Blood Pressure Refresher
- wound Care for PSW's
- Working with clients with Parkinson's
- Through other eyes Dementia series
- Teams that thrive
- Overcoming compassion and fatigue
- Assistive Devices
- Ostomy Care and Management
- Client Mobility
- ASIST- Applied Suicide Intervention Training
- Refresher courses are always provided to keep staff up to date.

QUESTIONS?

Thanks for listening