



Dilico

Anishinabek Family Care



# Health Services

Providing Culturally Appropriate Care

“ Providing culturally appropriate care for individuals at different stages of their lives ”



## Dilico Health Services

Health Services collaborative approach to care provides individuals, families and communities opportunities to reinforce and learn positive health attitudes and behaviours. Our service providers help meet the unique health needs of each client throughout their lifespan.

### | Primary Care Travelling Team

The Primary Care Travelling Team is a health program designed to bring quality care into Dilico's 13 affiliated First Nation communities. Our allied health care team includes Nurse Practitioners, Social Workers, Registered Practical Nurses, Mental Health Nurses, a Pharmacist, and other qualified health care practitioners.

### Services Overview

- Scheduled Medical Appointments
- Physical Assessments
- Treatments and Referrals
- Chronic Disease Management
- Advanced Foot Care
- Programming to Support Healthy Lifestyles
- Advice and Counselling on Diet and Nutrition
- Comprehensive Medication Management
- Individual, Family and Group Counselling
- Mental Health Assessment, Diagnosis and Treatment

# | Mental Health Nursing

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Helping to keep our First Nation communities healthy mentally, physically, emotionally and spiritually; Mental Health nursing is a program to support in the growing need of clients who require clinical mental health support. Mental Health Community Health Nurses (MHCHNs) provide clinical nursing along with mental health interventions as required by client's condition or diagnosis.

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## Services Overview

- Mental Status Assessment
- Medication Review
- Collaboration with Primary Care Provider and Psychiatry
- Care plans
- Medical treatments (wound care, footcare, injections, immunizations, health monitoring)
- Brief mental health interventions as required until care can be more permanent with Mental Health Counsellor or equivalent
- Grief Support & Depression
- Addiction & Treatment Support
- Group & Individual Programming
- Presentations
- Referral Services
- Advocating for services and assisting client with life skills and coping skills.



## | Community Health Services

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Community Health Services provides individual, family and community health programs and services through information sessions, clinics, screenings, home visits and a spectrum of health educational tools.



### Services Overview

- Aboriginal Healthy Babies Healthy Children
- Mental Health Nursing
- Community Health
- Health Sexuality
- Prenatal and Maternal Health
- Infant and Preschool Health
- Immunizations
- School Health
- Health Promotion and Education
- Advanced Foot Care
- Integrated Services Nursing

## | Diabetes and Chronic Disease Management

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Diabetes and Chronic Disease Management provides education to those at risk of or living with chronic diseases through programs and services. Diabetes Educators offer in-home and community based services.

### Services Overview

- Diabetes Care Plans
- Chronic Disease Self-Management Programs
- Diabetes Related Screening
- Diabetes Self-Management Education
- Advanced Foot Care
- Basic Wound Care
- Referrals
- Community Education Sessions
- Medication Recommendations

## | Home and Community Care Services

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Home and Community Care Services provide a range of in-home healthcare and support services to clients who have acute, chronic, rehabilitative or palliative care needs.

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### Services Overview

- Nursing (Acute and Chronic Care)
- Discharge Planning
- Physiotherapy
- Occupational Therapy
- Social Work
- Speech and Language Pathology
- Nutritional and Dietary Counselling
- School Health Support
- Advanced Foot Care



## | Community and Personal Support

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The Community and Personal Support Service program works with clients and their families to provide services to the elderly and individuals of any age requiring support services. The program also provides Speech and Language services to children attending schools on-reserves.

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### Services Overview

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|-------------------------------|--|
| • Speech and Language Support | • Physiotherapy                        |
| • Personal Care               | • Occupational Therapy                 |
| • Homemaking                  | • Basic Foot Care                      |
| • Medication Reminders        | • Nutrition                            |
| • Palliative Support          | • Adult Life Enrichment and Recreation |
| • Respite Care                |  |



## | Integrated Policy Officer

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The Integrated Policy Officer reviews, develops and implements policies and strategies for Health Services and other service areas as required. The Policy Officer assists in the advancement and implementation of culturally relevant Indigenous 'wise' practices, and works with the team to identify and develop key areas to achieve a holistic healthcare continuum.

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### Services Overview

- Assembles, interprets and analyses relevant information
- Conducts research, analyses and offers strategic direction
- Supports advocacy of culturally relevant policies, procedures and trends



## | Quality Assurance

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The Quality Assurance program ensures service standards, audits and tools meet the continuous quality improvement objectives of health mandates.

The program identifies, designs, and implements Health's accreditation requirements to ensure compliance with best service practices.







# | Family Health Team

The Family Health Team provides primary care through an interdisciplinary team of physicians and allied healthcare professionals who coordinate quality care for Indigenous and non-Indigenous individuals and families.

## Services Overview

- Indigenous Midwifery Program
- Primary Care Memory Clinic
- Physical Assessments
- Well-Baby Visits
- Prenatal and Postnatal Care
- Immunizations
- Sexual Health Education
- Treatment and Referrals
- Chronic Disease Management
- Flu Clinics
- Walk-In Clinics
- Walk-In Counselling
- Traditional Healing
- Sexual Health Clinics
- Advanced Foot Care Clinics

We Are Committed To

Providing Accessible Health Care

Holistic Patient Centred Care

Empowerment of Patients, Families and  
Communities

Moving Towards Optimal Physical and  
Mental Health

# A holistic approach to healing and wellness



## Locations

### Main Office

200 Anemki Place  
Fort William First Nation  
ON P7J 1L6  
Phone: (807) 623-8511  
Toll-Free: 1-855-623-8511

Heath Park Site  
1115 Yonge Street  
Thunder Bay, ON P7E 2T6  
Phone: (807) 623-8511

Archibald Site  
131 Archibald Street  
Thunder Bay, ON P7C 3X7  
Phone: (807) 623-8511

### District Office

Whitesand District Office  
3 A Whitesand Drive  
Whitesand First Nation, ON  
P0T 1A0  
Phone: (807) 583-2013  
Toll-Free: 1-855-623-8511

Longlac District Office  
118 Forestry Road  
P.O. Box 509  
Longlac ON P0T 2A0  
Phone: (807) 876-2267  
Toll-Free: 1-855-623-8511

Mobert District Office  
Pic Mobert First Nation  
#11 - 10th Street  
Mobert, ON P0M 2J0  
Phone: (807) 822-2521  
Toll-Free: 1-855-623-8511

Nipigon District Office  
112 Fourth Street, P.O. Box 700  
Nipigon, ON P0T 2J0  
Phone: (807) 887-2514  
Toll-Free: 1-855-623-8511

## Vision Statement

To be identified as a self-governed organization that is recognized as a leader in the research and delivery of child welfare, mental health and addictions, and health services;

Delivery of community based services that enhance the well-being of Anishinaabek children, families, and communities in a culturally safe manner.

## Mission

Dilico promotes healing and the well-being of the Anishinaabek people using an integrated holistic approach in a way that honours values, culture, and traditions.