



Health Services

Providing Culturally Appropriate Care



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.

- 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

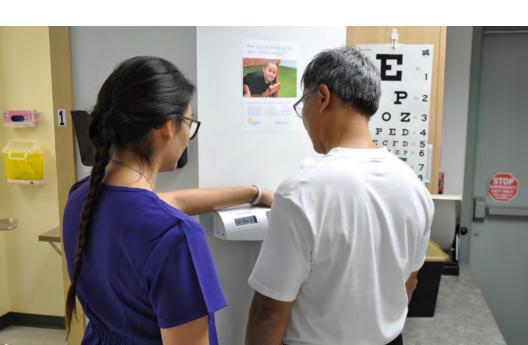
- Comprehensive Medication Management
- Individual, Family and Group Counselling
- Mental Health Assessment, Diagnosis and Treatment

Mental Health Nursing

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.

- Mental Status Assessment
- Medication Review
- Collaboration with Primary Care Provider and Psychiatristy
- 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

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



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.

- **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 Reccomendations**

▶ | Home and Community Care Services

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.

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

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.

- Speech and Language Support
- Personal Care
- Homemaking
- Medication Reminders
- Palliative Support
- Respite Care

- Physiotherapy
- Occupational Therapy
- Basic Foot Care
- Nutrition
- Adult Life Enrichment and Recreation

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.

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

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.



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.

- 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





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 POT 1A0 Phone: (807) 583-2013 Toll-Free: 1-855-623-8511

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

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

Nipigon District Office 112 Fourth Street, P.O. Box 700 Nipigon, ON POT 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 Anishinabek children, families, and communities in a culturally safe manner.

Mission

Dilico promotes healing and the wellbeing of the Anishinabek people using an integrated holistic approach in a way that honours values, culture, and traditions.