



# A Guide to HNHB LHIN HOME & COMMUNITY CARE

# Connecting You with Home and Community Care

The Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) helps people:

- Access care and support services available through Nursing Care Centres, at home and in the community
- Stay at home safely for as long as possible
- Avoid hospital admission
- Access care and support after being discharged from hospital
- Understand and access long-term care and placement options



## My Health GPS

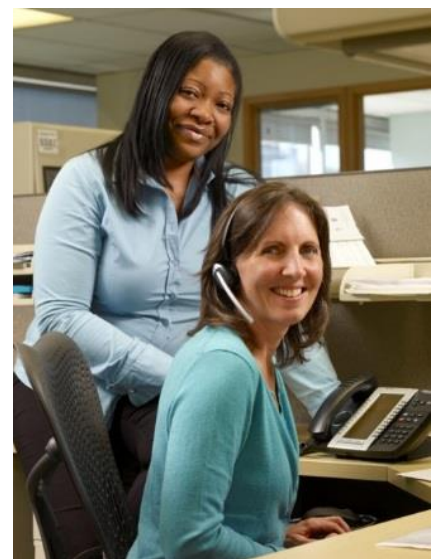
**Do you need access to community support services?**

HNHB LHIN works with community support service agencies and can recommend services such as meal programs, support groups and other resources to help you stay living in your home, safely and independently, for as long as possible.

We use a widespread database to provide you with information tailored to meet your needs conveniently listing programs and services near you.

Calls are answered by our specially trained Information and Referral representatives. They'll review your health care needs and help you look at the options available in your community. Services are free to anyone with a valid OHIP card and you don't need a doctor's referral.

Anyone can call the LHIN at **1-800-810-0000**. We're available **8:30am to 8:30pm, 7 days a week, 365 days a year** and can provide information in more than 170 languages.



## Do you need a family doctor?

**Health Care Connect** is a program designed to help people who don't have a family doctor or nurse practitioner. We'll match your information with doctors or nurse practitioners accepting new patients in your area.

To register, call **1-800-445-1822** or visit **[www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)** for online information.



## Contact Us

**For more information about home and community care or long-term care placement, please contact your local LHIN office today:**

- |                     |                       |
|---------------------|-----------------------|
| • Toll free         | <b>1-800-810-0000</b> |
| • Hamilton          | 905-523-8600          |
| • Burlington        | 905-639-5228          |
| • Niagara           | 905-684-9441          |
| • Haldimand-Norfolk | 519-426-7400          |
| • Brant             | 519-759-7752          |

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