



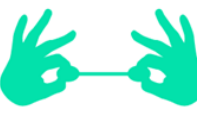


Role of community care providers

While you are receiving care at home, you may receive help from different health care providers or agencies. The descriptions below explain the role each provider may play in your circle of care to keep you safe at home.

Please note that you may not be eligible to receive care from all these providers through the Mississauga Halton LHIN. Your care coordinator will assess your clinical and social needs to determine the type of care you need to remain safe at home, which may include all or some of services below.

<p>Care Coordinator:</p> <p>Your Mississauga Halton LHIN care coordinator is a regulated health professional who acts as your trusted advisor, advocate and point of contact with the health care system and your circle of care. He/she will answer your questions to help you understand the health care system and what will happen next in your health journey. He/she will also assess your health and social needs to coordinate your personal care plan to help you achieve your care goals.</p>	
<p>Physician or Family Doctor:</p> <p>Your family doctor is your medical expert. He/she works closely with your Mississauga Halton LHIN care coordinator and other members of your circle of care to ensure your care needs are being met in the community. His/her role may include conducting follow-up or check-up appointments, and recommending changes to your care plan, if you have new or changing medical needs. Family doctors may make referrals to specialists not included in this list.</p>	
<p>Nurse Practitioner:</p> <p>Sometimes when you visit your family doctor, you may be seen by a Nurse Practitioner instead. Nurse Practitioners (NP) are advanced practice registered nurses (APRN) who are educated and trained to provide health promotion and maintenance through the diagnosis and treatment of short-term illnesses and chronic conditions. Nurse Practitioners are qualified to treat certain medical conditions without the direct supervision of a doctor.</p>	
<p>Nurses:</p> <p>Community nurses play a key role in assessing nursing needs, coordinating health teaching and providing care. Nurses may perform tasks such as administering medication or dressing wounds. It is not uncommon to have a number of different visiting nurses who care for you, who rotate through a schedule.</p> <p>Enterostomal Therapy (ET) nurse:</p> <p>A registered nurse with advanced and specialized knowledge and clinical skills in wound, ostomy and continence care.</p>	
<p>Occupational Therapists (OTs):</p> <p>OTs work with you and your caregivers to help you to be as independent as possible when completing your everyday activities. OTs may teach you different ways of doing things, which could include using specialized equipment, including wheelchairs and bathroom aids. They will tell you how to obtain equipment and help you apply for funding if you qualify.</p>	

<p>Physiotherapists (PTs): PTs work with you on your physical abilities, such as your ability to move around inside and outside your home. They may help you to maintain or regain your strength if you are suffering from an injury or illness, or recovering from surgery. PTs may prescribe exercises or ways to manage pain or swelling, and recommend equipment to help keep you safe.</p>	
<p>Respiratory Therapists (RTs): RTs help with the delivery and set up of oxygen tanks and other apparatus to ease breathing difficulties. This service is usually arranged through your family doctor, not the Mississauga Halton LHIN.</p>	
<p>Pharmacists: Pharmacists play an important role in recommending medications and consulting with your doctors, nurses, care coordinator and other caregivers about the appropriate use and potential side effects of medication.</p>	
<p>Social Workers: Social workers provide short term, confidential therapy to help you and your caregivers build skills to deal with illness, disability, or other health related causes of distress. They support you to identify solutions to help you can manage social challenges, such as finding housing or securing sources of income.</p>	
<p>Speech-Language Pathologist (SLPs): SLPs give advice and exercises for swallowing problems. If your health condition causes you to have difficulty speaking or understanding written or spoken language, an SLP may give you exercises or equipment to help you build communication skills.</p>	
<p>Dietician: RDs work with you to make sure you are getting the right amount of energy, fluids and nutrients to support your health. They may recommend specific foods or supplements, or teach you and your caregivers how to prepare what you eat and drink so that you can swallow safely.</p>	
<p>Personal Support Workers (PSWs): PSWs provide personal care, such as bathing, dressing, toileting and homemaking. The following are examples of personal support activities that may be included in your care plan. It is not uncommon to have a number of different visiting PSWs care for you, who rotate through a schedule.</p>	
<p>Medical Equipment and Supplies Vendor: Individuals from these agencies contact you or your caregiver to find out the best time to deliver medical supplies and equipment, or arrange pickup of equipment.</p>	

Please review the next page for examples of personal care activities that may be included in your care plan.

Personal care activities

Personal Support	Activity
Bathing	<ul style="list-style-type: none"> • Assist patient prepare for bath or shower • Assist patient with bath or shower • Perform a bed bath
Oral Hygiene	<ul style="list-style-type: none"> • Assist with and carry out the cleaning of the patient's mouth area and dentures, if applicable • Assist with and carry out moisturizing of patient's lips
Hair and Scalp Care	<ul style="list-style-type: none"> • Assist with and carry out washing of patient's hair • Brush and comb patient's hair • Dry and brush patient's hair after washing
Skin and Nail Care	<ul style="list-style-type: none"> • Assist with and carry out application of non-prescription skin lotion or powder to patient • Assist with and carry out shaving of patient's facial hair with an electric or safety razor • Clean and file fingernails and toenails
Clothing	<ul style="list-style-type: none"> • Assist patient to put on or remove clothes
Perineal Hygiene	<ul style="list-style-type: none"> • Assist with and carry out the washing, rinsing and drying of patient's perineal area • Clean indwelling catheter • Prepare and assist with Sitz bath
Elimination of Waste Material	<ul style="list-style-type: none"> • Assist patient to use toilet, commode, urinal or bedpan • Assist with and carry out changing of patient's personal hygiene products • Attach, secure and detach urinary drainage bag • Empty urinary drainage and stoma bag • Obtain specimen from patient, if required • Apply a condom catheter to patient
Meals	<ul style="list-style-type: none"> • Assist patient with meals
Positioning and Transferring	<ul style="list-style-type: none"> • Assist patient to turn and reposition • Turn and position patient • Assist with and carry out the transfer of a patient from one location to another • Assist patient with ambulation (getting up) • Assist with and carry out the application and removal of prostheses and orthotic devices

As of January 8, 2015