

### *Community-Based Health Care Programs and Services*

**Community Health Centres (CHC)** – The CHC provide health care and health promotion programs for individuals, families and communities. CHCs are especially helpful for people who have difficulty accessing primary health care due to language or cultural barriers, physical disabilities, homelessness, poverty or who live in remote areas.

**Aboriginal Health Centres and Programs** – The centres provide community-directed health programs and services for First Nations and other Aboriginal peoples. The Mohawks of the Bay of Quinte have a Community Wellbeing Centre that provides family medical care and community-based health programs through a team of family doctors, nurse practitioners and other health care providers.

**Public Health** - Public Health Units provide programs that protect and improve the health of the community through comprehensive efforts to prevent, control and eradicate communicable disease. Public Health also eliminates environmental health hazards and recognizes, prevent and control occupational health hazards and illnesses.

**Diabetes Education Program** – Gives people living with diabetes access to the tools and skills they need to lead healthier lives. The program provides both group and one-on-one counselling services. With access to a team of health care professionals including diabetes nurse educators and registered dietitians. Clients can learn self-management skill, develop life plans to help minimize their symptoms and delay preventable diabetes complications.

**Addictions Programs** – A variety of assessment resources, referral and treatment services for people with addictions are provided across the region. These resources include support groups, residential facilities and information lines.

**Community Mental Health Programs** – The program provides a variety of services to help support people who have serious and ongoing mental health issues living in the community. Services offered include information and referral, advocacy, case management, housing advocacy, rehabilitation, employment assistance, counselling, support groups, social and recreational opportunities, and peer support services for consumers and survivors.

**Hospice Care** – A range of palliative care supports are provided for terminally ill clients and their families who are in the final stages of their illnesses. Services may be delivered in a community or residential setting by volunteers or professional staff.

**Alzheimer Societies** – Programs and services are focused on education, information and family support for those affected by dementia. The Alzheimer Societies offer education events for people living with Alzheimer’s disease and other dementias, caregivers and health care professionals.

**CNIB** – Provides community-based support, knowledge, and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

**Canadian Hearing Society (CHS)** – CHS offers counselling, education, communication devices advice and sales and employment services for people who are deaf and hard of hearing.

**Physiotherapy Services** – Physiotherapy services are publicly funded in designated OHIP-insured clinics, these services also include rehabilitation following a stay in hospital. Patients may be eligible for publicly-funded physiotherapy in a clinic if they have a physician or nurse practitioner referral and meet other criteria:

- Over 65 years of age or under 20
- Following a hospital stay
- A recipient of Ontario Works or the Ontario Disability Support Program.

For a Fact Sheet on Publicly-Funded Physiotherapy Clinics in Ontario, [click here](#).