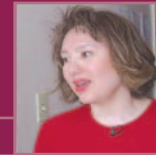


home care

in your community



Anyone can use home care if they have a need identified by an assessment. Talk to your nurse if you think home care could help you or someone you love.

Depending on what you need, you might have several home care workers. Doctors, nurses, home support workers and social workers all provide home care services along with many other health and social services workers.

Don't be shy – ask questions.

Who can I call?

If you or someone you love needs home care, please call the number below:

- Fort Smith 872-6222
- Fort Resolution 394-5010
- Fort Simpson 695-7043
- Hay River 874-7115
- Inuvik 777-8048
- Lutsel K'e 370-3115
- Rae-Edzo 392-3018
- Yellowknife 920-3338

You can also call this number if you want to learn more about becoming a home care worker.

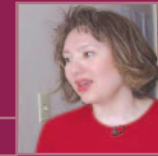
February 2005

Home Care *in your* Community



health services in your own home

home care in your community



What is home care?

Home care gives people health services in their own homes and community.

It is free to use.

Many seniors and people with disabilities use home care, so they don't have to leave their communities for treatment.

Some things a home care worker might do for you:

- Help you with medical equipment your nurse or doctor has asked you to use.
- Help your family members take care of you.
- Help you with any physical therapy you need to do.
- Help you to spend your last days at home instead of in a hospital.

What type of home care can I use?

Your nurse will help you to decide what you need, but some choices are:

Acute Care:

If you have acute illness (like diabetes) that is making you very sick, homecare workers may assist you in your home to help you get better.

Post Hospital Care:

If you've just been discharged from the hospital, you might still need some help when you get home.

Chronic Illness Care:

If you have a long-term illness (like arthritis), a home care worker may come to your house to help you take care of yourself.

Nutrition Services:

If you need it, your home care worker may assist with meal preparation, Where available meals may be delivered to your home (A minimal fee may apply).

Palliative Care:

End of life services can be provided in your home by trained health care workers, who can help you and your family.

Personal Care:

If you need help to take baths, dress or feed yourself, a trained health care worker can help.

Respite Care:

If a person in your family takes care of you all the time, a home care worker can take care of you for a few hours a week to give your family member a break.