

## PRIMARY CARE

KHC provides the following to support the holistic health needs of the population of Kanestake

- ✦ Home and Community Care for people of all ages with disabilities, chronic or acute illnesses, and the elderly enabling them to receive the care they need in their homes
- ✦ Vaccination clinics
- ✦ Information/treatment for communicable diseases
- ✦ Diabetes and other chronic illness follow-up
- ✦ Psychologist
- ✦ Pediatrician
- ✦ Ambulatory Care
- ✦ Mental Health Team
- ✦ Blood Clinic
- ✦ Foot care nurse
- ✦ Screening for minor infections \*
- ✦ Initiation of contraception and follow up



\* For more information please call the nurse

## MATERNAL CHILD HEALTH PROGRAM

We offer programs for parents and their children from birth to six years of age. The services include:

- ✦ Parents and Tots
- ✦ Prenatal sessions



- ✦ Prenatal nutrition program
- ✦ Maternal child health
- ✦ Postnatal home visits
- ✦ Preschool visits by a nurse
- ✦ Information for parents on various topics



## PROGRAMS FOR YOUTH

Young people between the ages of 6 and 17 years old can benefit from services geared specifically toward prevention through a variety of activities promoting healthy living.



Among these activities are:

- ✦ Health breakfast program
- ✦ “Kids’ Zone” (5 to 12 years of age)
- ✦ School nurse
- ✦ Brighter Futures Program
- ✦ Youth Suicide Prevention
- ✦ Information on alcohol and drug addiction
- ✦ Information about sexually and contraception
- ✦ Screening for infections transmitted by blood or sexual contact (STIs)

## ENVIRONMENTAL PROGRAMS

The program assesses and makes recommendations regarding environmental conditions and risks, and supports activities in the following areas:

- ✦ Drinking water and sewage
- ✦ Food safety
- ✦ Building inspections for local facilities
- ✦ Housing
- ✦ Transportation of dangerous goods (TDG)
- ✦ West Nile Virus (WNV)

## COMMUNITY PROGRAMS

The aim of the KHC is to prevent diseases that affect First Nations populations. Several initiatives exist to this effect.

- ✦ Community Diabetes Workers
- ✦ Community Kitchen
- ✦ Annual Sadies walk
- ✦ Mental health information and services
- ✦ Information on alcohol and drug addiction
- ✦ Elders' luncheon
- ✦ Critical stress management through debriefing and diffusion
- ✦ Exercise classes and Nordic walking group
- ✦ Information sessions on various topics
- ✦ Building Healthy Communities Program

## TRANSPORTATION SERVICES/NIHB

- ✦ For registered band members needing transportation to medical appointments covered by RAMQ and/or approved through Non-Insured Health Benefits (NIHB)
- ✦ Pick-ups for registered band members being released from hospital



## OUR COMMITMENT TO YOU

Rest assured that all of your information will be kept confidential. Only a doctor or a nurse can access your medical file.



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## KANESATAKE HEALTH CENTER INC.



WE ENDEAVOR TO PROVIDE HEALTH SERVICES THAT ARE ACCESSIBLE TO ALL KANESATAKE COMMUNITY MEMBERS. WE BELIEVE IN A HOLISTIC APPROACH TO HEALTH AND WELLBEING. WE BELIEVE THAT ALL INDIVIDUALS HAVE THE RIGHT TO RESPECTFUL CARE AND THE RIGHT TO MAKE INFORMED DECISIONS ABOUT THE CARE THEY CHOOSE TO RECEIVE. OUR MISSION DIRECTS US, IN OUR HEARTS, THROUGH OUR WORDS AND BY OUR ACTIONS, WE ENDEAVOR TO MEET THE HEALTH AND WELLNESS NEEDS OF THE KANESATAKE COMMUNITY, THE FAMILY, THE INDIVIDUAL AND THE UNBORN CHILD WITH HONOR AND RESPECT AT ALL TIMES.