

# HOME AND COMMUNITY CARE



Support for Citizens with  
Long-Term Conditions

A Holistic Approach to  
Community Wellness



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre INC.

## **What is Home and Community Care?**

The Home and Community Care program (HCCP) conducts home visits and ongoing assessments for Citizens who require continuing care, extended care and respite. Our Elders, people with disabilities, and people dealing with persistent or acute conditions receive the care they need at home and in our community, from qualified nurses, health care aides and home support workers.

Personal care plans are based on medical background, current health, abilities and support. Patients are continually monitored to ensure proper progress and referrals to other medical professionals are made as required.

## **Why do I need Home and Community Care?**

There are many ways in which we can support NCN Citizens. Perhaps you are recovering from an accident or illness, and need assistance in performing daily tasks. Maybe your friends and family are having a difficult time managing your needs. You may find it's difficult to remember your medication regime, exercises, and proper care of your wounds.

In any case, we are here to help.

## **Home and Community Care objectives:**

Our professionals collaborate with Northern Regional Health Authority and the Nursing Station to ensure Citizens receive holistic care. We aim to have community members recover and remain at home to get back to health more quickly and comfortably, and to maintain their emotional, mental and spiritual wellbeing.

### **HCCP services include:**

- Client assessment
- Referrals such as hearing centre, dietitian, physiotherapy, etc
- Bathing and personal care
- Daily dressing changes
- Medication regimes
- Ordering and delivery of medical equipment
- Palliative care

## **Foot Care Services**

With many NCN Citizens dealing with diabetes, our foot care program is an important component of the Home and Community Care program. Our foot care specialists (registered nurses with specialized training) help keep people mobile and decrease their risk of diabetes related foot complications.

### **Foot Care services include:**

- Foot and lower limb assessment (circulation, sensation, swelling)
- Wound assessment
- Footwear assessment
- Corn and callus reduction
- Nail care
- Client education and health promotion
- Referrals for footwear fittings, medical specialists

*The NCN home care team provides support for more than 70 community members every month. The most common reasons for home care include skin conditions and wound care, diabetes, cardiovascular and heart disease.*

*In 2017, more than 2,500 home visits were performed!*



## About The NCN Family and Community Wellness Centre and Home and Community Care

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

*Learn more about what we can do for you!*

**Call: (204) 484-2341  
or visit: [www.ncnwellness.ca](http://www.ncnwellness.ca)**





## How do I learn more about the Aboriginal Diabetes Initiative?

Please visit us at the NCN Family Wellness Centre. Or call us at (204) 484-2341.

We'll set up an appointment to determine how we can help you and your family.



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

**Nelson House (Head Office)**  
14 Bay Road Drive  
Nelson House, Manitoba  
R0B 1A0  
Phone: (204) 484-2341  
www.ncnwellness.ca

**Winnipeg**  
1450 Wellington Avenue  
Winnipeg, Manitoba  
R3E 0K5  
Phone: (204) 784 8160  
Fax: (204) 784-8170

**Brandon**  
724, 18th Street  
Brandon, Manitoba  
R7A 5B5  
Phone: (204) 726-3690  
Fax: (204) 727-8983

**Thompson**  
Unit 12-15 Westwood Mall  
Thompson, Manitoba  
R8N 1S7  
Phone: (204) 778-1961  
Fax: (204) 778-1989

**South Indian Lake**  
2 Wasagan Road  
South Indian Lake, MB  
R0B 1N0  
Phone: (204) 374-2302  
Fax: (204) 784-8241

[www.ncnwellness.ca](http://www.ncnwellness.ca)