Navigating the Pathways of Mainstream Health Care

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“You don’t have to do it alone”
Aboriginal Patient Navigator

- Works with the Interior Health Authority as a support resource for First Nations patients/clients in the health care system
- Acts as a bridge between mainstream health care and First Nations
- Advocates for respectful and culturally safe care and communication with hospital staff
- Participates in the discharge planning process

There are 2 key people available to support you in finding and accessing the health services you need

Community Health Nurse

- Provides nursing services on reserve with community members
- Links community members to the services both on and off reserve
- Provides health resources and information to community members
- Provides one-on-one health counselling

These two people will be able to help DIRECT you to the pathways of mainstream health care services available:

- Family Doctors
- Walk-In Clinics
- Primary Care
- Mental Health
- Addictions programs
- Rehabilitation
- Home Care Equipment & Supplies

Navigating Mainstream Health Care

A 2 day training session is available through your community health department.

The training session(s) will provide you with:
- Information on the services available
- How to access them
- The skills you’ll need to effectively make your way through the mainstream health care system

This training was developed by the Okanagan Nation Alliance (ONA) with the goal of improving the health of Okanagan Nation community members by increasing access to services.

Ask your health staff when the next training session is being offered in your community.