



Community & Primary Health Care
Making A Difference In Your Community

PROGRAMS AND SERVICES

PRIMARY HEALTH CARE SERVICES

CPHC - Community Family Health Team (Brockville and Gananoque)

The CPHC Brockville Community Family Health Team is comprised of physicians, nurse practitioners and other health care providers. This team increases access to healthcare services, provides services through a multi-disciplinary team, ensures a focus on integration and coordination of services through partnerships and implementation of an IT strategy, provides exceptional health promotion, disease prevention, chronic disease management and comprehensive primary healthcare services responding to local population health needs.

Mobile Primary Health Care Unit

The CPHC mobile unit provides mobile primary health care service. The RV, retrofitted with an exam room, is managed by a nurse practitioner and support staff. The unit travels to specific communities throughout Lanark, Leeds & Grenville the same day of each month offering primary health care to residents of all ages with priority given to those who do not have a family physician.

Primary Health Nursing Clinics

Nursing Clinics are provided by Nurse Practitioners and Registered Nurses. A range of services are available (i.e.) Women's Clinics, Diabetic Education Clinics, Foot Care, Educational Workshops, etc.

Wellness Clinics

CPHC Wellness Clinics are available to businesses and other groups. Clinics offer health & wellness education programs and services such as annual flu immunizations, glucose testing, etc.

Value For Life

The 'Value For Life' Program communicates important medical information to emergency services personnel. A vial containing important medical health information including demographics, physician and pharmacist contact, allergies, etc. is kept in the refrigerator. A 'Value Your Life' magnet is placed on the refrigerator door to alert emergency services the client is on the program.

Lifeline (Lanark, Leeds, Grenville and Kingston)

Lifeline is a personal response service available around the clock. The Personal Help Button is worn as a pendant and at the push of a button one can access prompt assistance from a trained Response Centre Associate, even if the individual cannot speak.

CPHC Seniors Exercise

Exercise classes are designed to assist older adults and those with physical challenges in maintaining their independence and are geared to personal functional ability.

Diabetes Education

Individuals living with diabetes learn to manage their condition enabling them to live healthier lives. Participants learn how to live with diabetes, test their blood sugars, recognize and manage low and high blood sugars, meal plans, coping with stress, exercise to control blood sugars and

management/prevention of diabetes related complications. Educational classes are provided during the day (2 hour sessions) covering a variety of topics essential to manage diabetes. Other services include counselling, regular follow-ups, insulin starts and follow-ups, Gestational diabetes, pre-diabetes and those at risk. The Diabetes Team accepts self-referrals and referrals from physicians and other health and social service providers.

In Home Foot Care

Private foot care is provided in the home, by a professional, for clients who are unable to attend a clinic.

Paternity Testing

CPHC paternity (DNA) testing provides confirmation or exclusion of a genetic relationship. Testing is conducted in a confidential environment and is simple, painless and non-invasive.

COMMUNITY SUPPORT SERVICES

CPHC Adult Day Services (Leeds & Grenville)

This community-based respite service is designed to meet the needs of physically disabled and/or cognitively impaired adults. Social and recreational needs are met within safe, secure environments and are designed to: help maintain physical and mental function; keep individuals living at home and provide caregiver respite. Staffing is comprised of a manager, recreation therapists, activity care partners and volunteers. This service is currently available in Brockville, Gananoque, Portland, Kemptville and Prescott. Participants are registered through the South East Community Care Access Centre through referrals from families, physicians and other health and social service providers.

Caregiver Support – In-Home Respite Service

Respite Caregivers provide support in a client's home to relieve family or friends from their care giving role and to help relieve stress placed on family relationships. Stimulation, appropriate to the clients' interests, as well as activation and socialization are key components of this service. Service may include homemaking, personal care, attendant care, monitoring and supervision.

Caregiver Support- Support & Counselling Service

Provides therapeutic counselling to a caregiver and family members who have stress that impedes their ability to care for/support the client. Service is provided to caregivers and family members through home visits or support groups by a professionally trained individual and/or one who has demonstrated knowledge and expertise in the client's area of need for support/counselling. Service is time limited, goal-directed and targeted to meet the caregiver's social and emotional needs.

Caregiver Support – Training, Information and Education Service

Assists the caregiver, family members and/or other service providers by providing emotional support, information on the disease process, available resources. Problem solving and coping skills are also provided. The service is a time limited, goal-directed basis either by, or under the direction of, a professionally trained individual and/or individual who has demonstrated knowledge and expertise in the client's area of need. The service is provided in group or individual sessions.

Music & Memories Luncheons

Specially trained staff provide support for Community Support Services 'Music and Memories' diners clubs across Lanark, Leeds & Grenville.

Caregiver Programs (Spa Days, Scrapbooking, etc)

These programs ensure the caregivers have opportunities to meet as a group where activities are enjoyed. These programs provide rest, relaxation and change of environment.

Support Groups

These groups allow caregivers to receive support from other caregivers, staff and/or volunteers.

Client Intervention & Assessment

CPHC responds to calls for service and will make a home visit to assess the needs of clients. A CPHC Coordinator will arrange the required services and/or will make referrals to other services for the client.

Meals on Wheels

Hot and/or frozen meals are available to clients who find it difficult to prepare their own meals or those who are convalescing. Hot and/or frozen meals are delivered to home and include a wide variety of nutritionally balanced, flavourful meals. Frozen meals can be heated in a regular oven or microwave. Meals do not contain additives/preservatives. Special diets are available upon request.

Diners Clubs

These luncheons provide clients with a nutritious meal, social activity and friendly companionship. Diners Clubs are held at various locations on pre-arranged days. Transportation is available.

Telephone Reassurance

CPHC volunteers have daily contact with clients, via telephone, to ensure they are well, to provide socialization, and to see how they are doing and if any assistance is required.

Essential Transportation

CPHC Volunteers provide essential transportation for clients, i.e. medical appointments, Adult Day Services, grocery shopping, etc. Transportation is available for local and long distance destinations.

Foot Care Clinics

Specially trained nursing professionals provide foot care services and general health counselling on an appointment basis. This service assists clients in maintaining foot health and an active, mobile lifestyle. Foot care clinics are provided every 4 – 6 weeks at various locations.

Friendly Visiting

CPHC volunteers are carefully matched with clients to provide companionship and support on a regular basis. Whatever the activity, you and your volunteer decide together, i.e. visits in clients' home, an outing, etc.

Home Help/Homemaking

CPHC maintains a registry of screened workers who will help residents maintain a clean and safe environment inside their home, i.e. dusting, vacuuming, other light house keeping, laundry, shopping and meal preparation. The focus is on residents who can neither undertake nor arrange for these services themselves.

Home Maintenance and Repair

CPHC maintains a registry of screened workers who will help residents with yard maintenance (grass cutting, raking, and snow removal), window cleaning, etc. As well, CPHC will help clients arrange for one-time jobs such as: plumbing, electrical work, roofing, repairs, etc.