



# KDC Health Programs and Services

- **Community Health Representative** : Connects with community members by offering tools for healthy life styles, connections to health professionals, care packages, cultural practices and to support healthy wellness initiatives for all member nations.
- **Home and Community Care**: Home care services are available to community members with acute & chronic illness or a disabilities that requires follow-up care, respite care, homecare nursing.
- **Mental Health Counselling and Support**: Services but not limited to assisting with drug and alcohol addictions, trauma, grief and loss, stress, anxiety, depression, harm reduction education/supplies, parenting/attachment, and suicide prevention.
- **Kinesiology**: Kinesiology focuses on the body and movement. Kinesiology areas that may need to be improved to continue daily activities of life.
- **Patient Health Navigator**: Insures care is culturally-specific and patient-centred care. Works with the patient health teams, helps with the aboriginal health benefit systems, programs and referrals. Also can acts as a client advocate to help community members navigate the hospital care systems.
- **Medical Transportation**: Financial support for medically necessary appointments for all First Nations living in the Campbell River area, on and off reserve.
- **Community Health Nursing**: Promotes health initiatives, public health and disease prevention programs, maternal/newborn health, wound care, immunization programs, diabetic screening, tuberculous management and over all healthy wellbeing at all age levels.
- **Nutrition**: Nutritional education and services offered to both individuals, family and group sessions. Diabetes Screening, education and support.
- **Mobile Outreach for Health Supports and Services**: MOUHSS is a collaboration and service coordination is essential when providing access to health care services for our most vulnerable populations.
- **Registered Massage Therapy**: Involves manipulating the soft tissues of the body to help increase range and motion in the body as well as improve circulation and overall healthy wellbeing. See our RMT to learn more about our Arthritis Wellness Program.
- **Home care Worker**: Personal care workers are here to support community members with acute and chronic illness to assist with maintaining optimum health and independency in their homes.
- **Precious Beginning**: Serves high risk women (and families) using alcohol and, or drugs during pregnancy, with the goal of preventing FASD & other substance related effects by building relationships through mentorship.
- **Land Base Trauma Healing**: A program is working to identify and fill gaps to help individuals who are suffering from Complex Trauma. This program is offered to all nations of the Kwakwaka'wakw.
- **Medical Clinic**: Improving access to medical services, pharmacy services, medical equipment and supply options, hospital admission and discharge procedures as well as build relationships and other medical resources to improve patient care.

*For More Information On KDC Health Services Please Contact Us:*

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