

# Wellness Centre

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An independent living facility for individuals who require minimal assistance. It is comprised of six (6) 1 and 2 bedroom apartments and two (2) respite units. Interested individuals must submit a written request which is kept on file until a vacancy becomes available at which time applicants complete a criteria review and nursing assessment.

Respite units (daily rate) provide temporary relief for caregiver and/or to an individual who is independent.

# Mission Statement

M'Chigeeng Health Services promotes healthy lifestyles for our community. We will work collectively to strengthen the emotional, spiritual, mental, and physical well-being of all our membership.

FUNDED BY THE MINISTRY OF HEALTH AND  
LONG TERM CARE, HEALTH CANADA'S  
HOME AND COMMUNITY CARE PRO-  
GRAM AND M'CHIGEENG FIRST NATION.

# M'Chigeeng Wellness Centre

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Independent Living Facility

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# M'Chigeeng Home Care Program

*(Long Term Care/Home & Community  
Care Programs)*

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*A Division of M'Chigeeng Health Services*





## Home Care Program

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We provide services to those individuals who need additional home supports, who are frail and elderly, chronically ill, convalescing after surgery, injury, or short-term illnesses to function as independently in their own homes in the community for as long as possible.

Services offered include:

- Registered Nurses
- Personal Support Worker
- Occupational/Physiotherapy
- Elders' Activities & Programming
- Meals on Wheels
- Referrals to other Health Providers
- Equipment Loan Program
- Linkages to other health and/or community services

## Registered Nurses

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- ◆ Therapeutic in-home nursing services to individuals who meet specified eligibility criteria.
- ◆ Provides individualized client assessment and develops service plans that address the client's health needs
- ◆ Where possible, necessary care is taught so that the client and the family can return to an independent lifestyle as soon as possible.

## Personal Support and Respite Care

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- ◆ Provide assistance with bathing, exercises, meal preparation, light housekeeping, safety & security checks, reminders to take medications and assistance with regular activities of daily living.
- ◆ PSW's can be taught therapeutic client care and be monitored by an RN based on the client's individual care plan.

## Occupational/Physiotherapy

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- ◆ Provides accessible, home or clinic based individual functional assessments and plan of care to eligible clients.
- ◆ Provision of and access to medical supplies and equipment.

## Elders' Activities/Programming

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- ◆ Weekly Crafts
- ◆ Weekly Mass with Diners' Club (\$5.00/meal-Wednesdays @ 11 am)
- ◆ Meals on Wheels (\$5.00/meal)
- ◆ Weekly Grocery Shopping
- ◆ Weekly Pharmacy Trips
- ◆ Monthly off Island Shopping
- ◆ Monthly Socials and/or Outings
- ◆ Special Events—please see monthly calendar of events

### Contact Us

Wellness Centre  
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