

South East Toronto Family Health Team

A Family Health Team (FHT) is a new way for people in Ontario to get primary health care. Our team approach links your family doctor with other health care providers to give you the best possible care. The focus is on keeping you and your family healthy, not just treating you when you are sick.

Your care team consists of many members:

- Administrative/Clerical Team
- Care Navigator
- Chiroprapist
- Family Doctor
- Family Medicine Residents
- Mental Health/Addictions Counsellor
- Nurse Practitioner
- Pharmacist
- Psychologist
- Registered Dietitian
- Registered Nurse
- Social Worker
- Specialists (psychiatry, internal medicine)

Each member plays a different role in your health care needs and you and your family will benefit from a *comprehensive* approach to health care. As a teaching site, we are also privileged to teach students in all health care professions. You may see a student during your visit with us.

Our Care Navigator

Our care navigator is part of **YOUR** primary health care team.

To learn more about this **free service** at South East Toronto Family Health Team, please speak to your primary care provider or visit our website.



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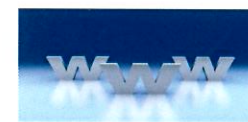
Care Navigator:

An important member of your family's health care team.

Care Navigator



A leading academic family health team that improves the health of our community.



www.setfht.on.ca



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Finding your way through the health and social service systems can be a challenge

The Care Navigator can help you find what you need



Changes to your health or to housing can be very stressful. You may have many different needs when you or someone in your family is facing changes like these. The Care Navigator can help you find what you need when you need it.

The Care Navigator's job is to help guide you to the resources that will help you and your family.

As a Registered Social Worker and with a strong knowledge of our community's resources, our Care Navigator will work with you to end your worries.

What can the Care Navigator offer you?

- Support in making decisions by giving you all the information you may need.
- Detailed information to aid you in getting social, community, and other support services.
- Help so you know what barriers might exist; this can help to reduce the stress and anxiety that comes with navigating the health care system.
- Advice and information on housing.
- Details about long-term care facilities and other housing options for seniors.
- Help for families that are facing long-term health problems that get worse with time.



What does the Care Navigator do?

- Links you to community groups that provide transportation to medical appointments, grocery shopping and other services.
- Links you with home care, adult day programs, support groups, and other activities.
- Connects you to Social Services, Ontario Works and the Ontario Disability Support Program.
- Helps you to complete some forms, such as the Trillium Drug Program form.
- Provides job information, such as vocational assessments and job counselling.
- Gives you contacts to help you find housing (subsidized housing, affordable housing, or supportive housing).
- Acts as your link with members of our Family Health Team, hospitals, and community agencies.