



Weeneebayko Area Health Authority

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Aging at Home

*Aging at Home Successfully is More Than a House...
It's a Community!*



Community & Regional Services Guide

www.weeneebaykohealth.ca



Phone Directory

Emergency Numbers

WAHA James Bay Ambulance, Attawapiskat	(705) 997-1111
WAHA James Bay Ambulance, Fort Albany.....	(705) 278-1111
WAHA James Bay Ambulance, Kashechewan.....	(705) 275-4004
WAHA James Bay Ambulance, Moose Factory.	(705) 658-1111
WAHA James Bay Ambulance, Moosonee.....	911
First Responders (Ambulance), Peawanuck	(705) 475-2525

Weeneebayko Area Health Authority

Quality Department.....	(705) 658-4544 ext. 2332
Foot Care Nurse.....	(705) 658-4544, ext. 2295
Ontario Breast Screening Program.....	(705) 658-4544, ext. 2305
WAHA Community Mental Health Program, Main Office	Toll Free 1 (877) 336-2164 or (705) 336-2164
Non-Insured Health Benefits	Toll Free 1 (855) 336-2947 or (705) 336-2947
WAHA Diabetes Program.....	Toll Free 1 (866) 658-9347 or (705) 658-4544 ext. 2274
Community Outreach.....	(705) 658-4544, ext. 2222

Attawapiskat First Nation

Attawapiskat Hospital Site	(705) 997-2150
Attawapiskat Dental Clinic, Attawapiskat Hospital Site	(705) 997-2149
WAHA Community Mental Health Program, Attawapiskat	(705) 997-2323

Fort Albany First Nation

Fort Albany Hospital Site	(705) 278-3330
Fort Albany Dental Clinic, Peetabeck Health Centre	(705) 278-1131
WAHA Community Mental Health Program, Fort Albany.....	(705) 278-1008



Phone Directory

Kashechewan First Nation

Kashechewan Nursing Station	(705) 275-4444
Kashechewan Dental Clinic, Kashechewan Nursing Station	(705) 275-4444
WAHA Community Mental Health Program, Kashechewan	(705) 275-4568

Moose Factory

Weeneebayko General Hospital (WGH), main switchboard	(705) 658-4544, ext.0
Moose Factory Dental Clinic, (WGH)	(705) 658-4544, ext. 2207
Telemedicine's main office, (WGH)	(705) 658-4544, ext. 2248 or 2360
Weeneebayko Diabetes Health Education Program	Toll Free 1 (866) 658-9347 or (705) 658-4544, ext. 2274
Rehabilitation Services Department, (WGH)	(705) 658-4544, ext. 2298
WAHA's Traditional Healing Program Manager	(705) 658-4544, ext. 2605
Family Medicine Clinic	(705) 658-4031 or (705) 658-4032
Specialty Clinics	(705) 658-4544, ext. 2366

Moosonee

Moosonee Health Centre, WAHA	(705) 336-2341
WAHA Community Mental Health Program, Moosonee & Moose Factory	(705) 336-2164 or 1-877-336-2164
Moosonee Hostel	(705) 336-1160

Peawanuck

Peawanuck Nursing Station	(705) 473-2525
Peawanuck Dental Clinic, Peawanuck Nursing Station	(705) 473-2525
WAHA Community Mental Health Program, Peawanuck	(705) 473-9986

Out of Zone Hostel Services

Geaganano, Kingston	(613) 547-5877
Kapashewekamik, Timmins	(705) 264-4661



Introduction



Weeneebayko Area Health Authority (WAHA), along with other community based groups knows people in our region prefer to live in their own homes or with loved ones for as long as they are able.

WAHA in collaboration with others has prepared this booklet to assist you and your family find the services that you need within your region.

How the Booklet is Organized

Each section is colour coded and in alphabetical order so that you can quickly find your community and regional services. Just match the colour in the Table of Contents to the colour on the edge of the page!

North East **LHIN**
RLISS du Nord-Est

*Funding for the AAH Program
provided by the Northeast Local
Health Integration Network*

www.nelhin.on.ca



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Regional Programs, Resources & Services

WAHA Regional Services

Regional Discharge Planner

The Regional Discharge Planner works in collaboration with the health care team, patients and families to help patients return home or get to other care facilities more suited to their needs.

If you need to access the Regional Discharge Planner, call:



1 (705) 658-4544 ext. 0 and ask to speak with the Regional Discharge Planner

Equipment Loan Program

WAHA has a small inventory of equipment that is available to all communities in our region. This might be something as simple as grab bars for the bathroom or a raised toilet seat. For more information, please call:



(705) 658-4544, ext. 2298

Patient Navigator

The Patient Navigator acts as a bridge between clients, their culture, and WAHA health care providers.

A number of services are available:

- Client assessment
- Translation support
- Referrals to community services
- Advocacy for clients who are elders
- Assistance navigating the health care system

If you need to access the Navigator, call:



1 (705) 658-4544 ext. 0 and ask to speak with the Patient Navigator

Foot Care Nurse

Our Registered Practical Nurse provides safe, quality nursing foot care to clients and families. You can schedule a visit with the Foot Care Nurse. The Foot Care Nurse also outreaches to the coastal communities and conducts foot care clinics. If you have more questions, call:



(705) 658-4544, ext. 2295

Regional Programs, Resources & Services *continued...*

Family Medicine

People with non-emergency medical conditions can book an appointment to receive medical care.

How to book an appointment:

To book or to cancel an appointment, please contact one of the following:



Attawapiskat Hospital Site
(705) 997-2150

Fort Albany Hospital Site
(705) 278-3330

Kashechewan Nursing Station
(705) 275-4444

Moose Factory (WGH)
(705) 658-4031 or (705) 658-4032

Moosonee Health Centre
(705) 336-2341

Peawanuck Nursing Station
(705) 473-2525



WGH, Traditional Healing Room

Traditional Healing Program

The Program offers traditional and cultural healing options for the person. It also exists to support community members and their families, whom are surviving residential school members, or family members of survivors. The Program is offered in the Town of Moosonee, as well as Attawapiskat, Fort Albany, Kashechewan, Moose Cree, MoCreebec and Peawanuck First Nations.

For more information, contact the Traditional Healing Manager at:



(705) 658-4544, ext. 2605

WAHA Community Mental Health Program

The Community Mental Health Program is committed to establishing a healthier and happier environment for all people living in the James Bay and Hudson Bay Region. Community Counselors are available to assist community members requiring mental health services.

To speak with a counselor, or for more information, people can contact the following numbers:



Attawapiskat (705) 997-2323

Fort Albany (705) 278-1008

Kashechewan (705) 275-4568

Moosonee & Moose Factory
Toll Free 1 (877) 336-2164
or (705) 336-2164

Peawanuck (705) 473-9986

Regional Programs, Resources & Services *continued...*



WAHA Diabetes Program

The WAHA Diabetes Program is a community based program that assists people with diabetes of all ages and at any stage of the disease. The program's focus is providing education about the treatment and management of diabetes.

The Program is located within Weeneebayko General Hospital (WGH), but provides service to all communities in the James and Hudson Bay Region.

The WAHA Diabetes Program offers the following services:

- Diabetes information and education
- Diet education
- Managing diabetes with on-going support and assistance
- Understanding diabetes treatment options
- Accessing specialty services such as chiropody, ophthalmology and pediatric diabetes treatment

For more information or to book an appointment, please call:



Toll Free 1-866-658-9347
Dial Direct (705) 658-4544 ext. 2274

WAHA Dental Services

The Dental Services department provides a full range of dental treatment such as: hygiene (cleaning), fillings, root canals, prostho (dentures, hockey mouthguards, night guards), perio surgery (gum surgery), extraction (tooth removal), as well as preventative tips for keeping teeth and gums healthy.

For more information about all WAHA dental clinics, or to book an appointment, contact:



**Attawapiskat Dental Clinic,
Attawapiskat Hospital Site:
(705) 997-2149**

**Fort Albany Dental Clinic,
Peetabeck Health Centre:
(705) 278-1131**

**Kashechewan Dental Clinic,
Kashechewan Nursing Station:
(705) 275-4444**

**Moose Factory and Moosonee Dental
Clinic, Weeneebayko General Hospital:
(705) 658-4544 ext. 2207**

**Peawanuck Dental Clinic,
Peawanuck Nursing Station:
(705) 473-2525**



WGH, Dental

Regional Programs, Resources & Services *continued...*

Ontario Breast Screening Program

This program is located in Moose Factory at Weeneebayko General Hospital. It services all women in the region aged 50-74 years for breast screening. For self-referral call:



(705) 658-4544, ext. 2305

Non Insured Health Benefits Department

Medical travel for people who have status is covered under First Nation Inuit Health Branch. For any questions about medical travel call:



**Toll Free 1 (855) 336-2947
Dial Direct (705) 336-2947**

WAHA James Bay Ambulance Services

James Bay Ambulance Services (JBAS) provides pre-hospital care. JBAS operates bases in all five communities including: Attawapiskat, Fort Albany, Kashechewan, Moose Factory, Moosonee and provides support to Peawanuck.



JBAS Moose Factory

The administration office of JBAS is located in Moosonee. For more information pertaining to ambulance services, please refer to the following numbers below:



**Attawapiskat Ambulance
(705) 997-1111**

**Fort Albany Ambulance
(705) 278-1111**

**Kashechewan Ambulance
(705) 275-4004**

**Moose Factory Ambulance
(705) 658-1111**

Moosonee Ambulance 911

**First Responders (Ambulance),
Peawanuck
(705) 475-2525**

**JBAS Administration
(705) 336-2353**

Attawapiskat Community Based Programs, Services and Resources



WAHA, Attawapiskat Hospital

Attawapiskat Hospital Site

The Attawapiskat Hospital Site of WAHA provides access to 24/7 care. Registered Nurses are available to provide emergency room services and they have access to physicians for consults. If required, the hospital can arrange for medevacs to appropriate facilities for care.

The Attawapiskat Hospital also offers access to the following:

- Mobility devices (e.g., crutches)
- Occasional respite services
- Community mental health services
- Ontario Telemedicine Network (OTN)
- Pharmacy
- Laboratory Services

These services are scheduled as well:

- Occupational therapy
- Wound dressing and footcare
- Diabetes follow-up
- Physiotherapy
- Family medicine
- Dental services

The contact for the above listed services is the Director of Patient Care, Attawapiskat Hospital:



(705) 997-2149

Fort Albany Community Based Programs, Services and Resources



WAHA, Fort Albany Hospital

Fort Albany Hospital Site

The Fort Albany Hospital Site of WAHA provides access to 24/7 care. Registered Nurses are available to provide emergency room services and they have access to physicians for consults. If required, the hospital can arrange for medevacs to appropriate facilities for care.

The Fort Albany Hospital also offers access to the following:

- Mobility devices (e.g., crutches)
- Occasional respite services
- Community mental health services
- Ontario Telemedicine Network (OTN)
- Pharmacy
- Laboratory Services

These services are scheduled as well:

- Occupational therapy
- Wound dressing and footcare
- Diabetes follow-up
- Physiotherapy
- Family medicine
- Dental services

The contact for the above listed services is the Director of Patient Care, Fort Albany Hospital:



(705) 278-3330

Peetabeck Health Services

Fort Albany First Nation provides a variety of care through Peetabeck Health Services. These include:



- Medical Transportation for local appointments
- Home and Community Care
- Personal Service Workers (PSWs)
 - Light housekeeping
 - Cleaning
- Weekly Social Programs
- Wheel-chair accessible senior's building
- Emergency Housing
- Post-Surgery Nursing
- Mobility Equipment (e.g., crutches)
- Transportation to shopping

Peetabeck Health Services

To find out about these services, contact the Peetabeck Health Director:



(705) 278-1311

Kashechewan Community Based Programs, Services & Resources

Kashechewan Nursing Station

Kashechewan Nursing Station provides access to primary health care nursing services weekdays from 8:30 am to 5:00 pm and emergency care after hours on a twenty-four hour basis seven days a week. Registered nurses do the following:

- Nurses assess the health situation and determine if care is urgent or non-urgent and identify the necessary actions to take.
- Urgent care involves immediate treatment of the injured and/or ill client; done in consultation with a physician if needed. Access to urgent medical transportation is available if required.
- Non-urgent care services include: prevention activities; health assessments; selection of treatment options; coordinating family care and follow-up; and consultation/referral services.

The Kashechewan Nursing Station also offers access to the following:

- Mobility devices (e.g., crutches)
- Occupational therapy
- Wound dressing and foot care
- Diabetes services
- Immunization
- Physiotherapy
- Pharmacy
- Laboratory Services
- Community mental health services
- Dental Services

- Non-insured Health Benefits – medical travel
- Ontario TeleMedicine Network (OTN)

The Kashechewan Nursing Station telephone number is:



(705) 275-4444

Kashechewan Band Services

Kashechewan Health Services has four Personal Service Workers (PSWs), one Homemaker and one Home-care qualified nurse on staff who help to provide a variety of care to elders living in their homes.

Home Care Services

- Light housekeeping
- Laundry
- Bathing for elders with limited mobility

Mobility Devices

- Wheelchairs
- Crutches
- Bathroom safety equipment (e.g., bars for balance)

Occasional Services

- Transportation for shopping on the ice road
- Elders gatherings on land for traditional cooking and feasting

The contact for these services is the Health Director:



(705) 275-4470

Moose Factory Community Based Programs, Services and Resources



MoCreebec Council of the Cree Nation

Services available to community members include:

- Housing
- Family Service Worker
- Health Programming

For more information, MoCreebec members can contact:



Health Director
(705) 658-4769, ext. 2003

Housing Director
(705) 658-4769, ext. 2007



MoCreebec Council of the Cree Nation

Moose Factory Community Based Programs, Services and Resources *continued...*



Moose Cree First Nation

There are two key programs available to members of Moose Cree First Nation that help support people to remain in their homes:


Home and Community Care Program (Funded by Health Canada)

Referrals for this program can be by self-referral, doctor or by family. The Contact Supervisor for Moose Cree meets with the Weeneebayko General Hospital medical team for home care referrals every Friday morning.

Services are provided by four Personal Service Workers (PSWs) and include:

- Home visit nursing
- Foot care
- Case management
- Personal care
- Cleaning
- Laundry
- Food shopping
- Food preparation
- Respite care

The Contact Supervisor can be reached at:

 (705) 658-6650

Community Support Services (Funded by Ministry of Health & Long Term Care)


A referral by a doctor and a needs assessment is required to get access to these services. Services are delivered by three homemakers, and include:

- Personal care
- Daily and seasonal house cleaning
- Food shopping
- Bill payments/mail pickup
- Assisted Living
 - Two staff are available for evenings and weekends
- Food preparation
- Visits to clients who are admitted into hospital
- Monthly congregate dining
- Friendly visiting

Two staff provide the following services outdoors:

- Lawn care
- Wood retrieval
- Minor repairs
- Snow removal/ramps
- Insulating of home for winter

The Contact Supervisor can be reached at:

 (705) 658-6550

Moose Factory Community Based Programs, Services and Resources *continued...*



Weeneebayko General Hospital, Moose Factory

Weeneebayko General Hospital

Weeneebayko General Hospital is the regional hospital for the James and Hudson Bay area. It provides access to the following:

- Acute (temporary) and alternate levels of care as well as 24 hour emergency services; family medicine and coastal outreach
- A Regional Mental Health program that serves all communities
- Ontario TeleMedicine Network (OTN)
- Diabetes follow up

- Dental services
- James Bay Ambulance
- Occupational therapy (helps to improve activities in daily living) and physiotherapy (injuries and pain management)
- General surgery and anaesthesia
- Dialysis services
- Traditional Healing Program
- Specialty clinics in the fields of pediatrics (children), obstetrics (pregnancy), gynaecology (female health), rheumatology (arthritis), ophthalmology (eyes), and neurology (nervous system)
- Referrals and tertiary (specialized) care beyond WAHA
- Access to medical travel for entitled First Nation patients
- Laboratory services
- X-ray, mammography and ultra sound



Main switchboard:
(705) 658-4544, ext. 0

Moosonee Community Based Programs, Services and Resources



Elder's Gathering Centre, Moosonee

Moosonee Health Centre

The WAHA Moosonee Health Centre provides access to 24/7 care. Registered Nurses are available to provide emergency room services and they have access to physicians for consults. If required, the hospital can arrange for medevacs to appropriate facilities for care.

The Moosonee Health Centre also offers access to the following:

- Occupational therapy
- Wound dressing and footcare
- Diabetes follow-up
- Physiotherapy
- Community mental health services
- Family medicine
- Ontario TeleMedicine Network (OTN)



**For more information contact
the Director of Patient Care
(705) 336-2341**

Canadian Red Cross

Provides quality customized community health services for individuals living with an acute or chronic condition as a result of physical or mental illness.



Assisted Living

Assisted Living services are for people with complex needs who, with the right level of support, can remain living in their own homes. These supports are important to seniors to enable them to live independently, as well as reduce the need for facility care and emergency services. Currently, there are three Personal Support Workers available to clients in Moosonee.

Meals on Wheels

Hot nutritious meals are delivered to seniors at their home twice a week or there is a selection of home-style cooked foods that are frozen.

Transportation

Elder's transportation for shopping or medical appointments.

Friendly Visiting or Telephone Assurance

Volunteers will call or visit you.

To register for any Red Cross services please contact the Moosonee branch at:



(705) 336-2302

Moosonee Community Based Programs, Services and Resources *continued...*



CCAC - Moosonee

Description of Services

- Assists clients to plan and make informed choices about managing their health care needs or those of someone you care for
- Coordinates information about other services available within the community and link you with these services when appropriate
- Determines access to health care services provided in the home
- Determines admission to long term care facilities (homes for the aged, nursing homes)
- Determines access to health support services provided in schools for children with special needs
- Maintains an ongoing waiting list for placement, programs and services

Hours of Operation

- Monday - Friday
8:30 am - 4:30 pm

Areas Served

- Moosonee



Eligibility to Services

- Children and youth with health needs that impact their ability to learn at school
- Individuals must be 18 years of age to access any long term care facilities
- Individuals with specific health needs such as:
 - Acquired brain injury
 - Alzheimer's disease and related dementias
 - Convalescent care
 - Stroke recovery
 - Mental health and addictions



Phone:
(705) 336-2233



Town of Moosonee

Peawanuck Community Based Programs, Services and Resources



Peawanuck Nursing Station

Peawanuck Nursing Station

Peawanuck Nursing Station provides access to primary care nursing services weekdays from 8:30 am to 5:00 pm, and emergency care after hours on a 24/7 basis.



Registered nurses do the following:

- Nurses assess the health situation and determine if care is urgent or non-urgent, and identify the necessary actions to take.
- Urgent care involves immediate treatment of the injured and/or ill client. Done in consultation with a physician if needed. Access to urgent medical transportation is available if required.
- Non-urgent care services include:
 - prevention activities
 - health assessments
 - selection of treatment options
 - coordinating family care and follow-up
 - consultation/referral services

The Peawanuck Nursing Station also offers access to the following:

- Mobility devices (e.g., crutches)
- Laboratory services
- Occupational therapy
- Wound dressing and foot care
- Diabetes services
- Dental services
- Pharmacy
- Immunization
- Physiotherapy
- Community mental health services
- Non-insured Health Benefits – medical travel
- Ontario TeleMedicine Network (OTN)

The Peawanuck Nursing Station telephone number is:



(705) 473-2525



Our Community





Weeneebayko Area Health Authority

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Weeneebayko Area Health Authority

Thank you to all of our community partners for making this booklet possible.

Contact Us

Weeneebayko Area Health Authority
19 Hospital Drive
P.O. Box 664
Moose Factory, ON P0L 1W0

Tel: 705-658-4544
Fax: 705-658-4917

WAHA Mission Statement

Weeneebayko Area Health Authority is a regional, community-focused organization, committed to providing optimum health care as close to home as possible.

WAHA Vision Statement

Weeneebayko Area Health Authority will distinguish itself as a provider of quality health services with a holistic approach that reflects the distinct needs of all peoples in the Weeneebayko region.