

The First Nations and Inuit Home and Community Care (FNIHCC) provides home and community care services that are comprehensive, culturally sensitive, accessible and effective. It is a coordinated system of home and community-based health care services that enable First Nations and Inuit people of all ages with disabilities, chronic or acute illnesses and the elderly to receive the care they need in their homes and communities. Program clients: First Nations people and Inuit with disabilities, chronic or acute illnesses and the elderly.

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Our Tsawout home care services are divided into three sections; nursing care, personal care and housekeeping. These services are available to all Tsawout members who are in need of them. We do not need a doctor's referral to get you signed up for home care services. The nurse will come to your house if you would like home care, to do an initial assessment and to discuss with you your needs and how they can best be met.

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Nursing care includes things such as monitoring blood pressure and blood sugar, giving medications (including injectable medications), and changing dressings to injuries or surgical wounds.

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Personal care is done by one of our home care workers. They can help with bathing, dressing, mobility exercises and eating. Personal care also includes transportation to various appointments of a health related nature. If you are unable to cook, the home care workers can provide you with meals from our Meals On Wheels program.

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Housekeeping services are available to those unable to take care of the house themselves, and who do not have family members able to help out. Generally a staff member will come in once or twice a week to help out with the heavy housework. Some clients are seen more often due to special needs. Our homemakers do tasks such as sweeping and washing floors, washing the client's dishes, cleaning the bathroom and changing the bed linens. They do not do yard work or extremely heavy tasks such as cleaning ovens or windows.

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If you would like more information about our home care program or have a family member who you think could benefit from the program please don't hesitate to call us at the health center at 250-652-1149.