

## Collaborative Practice:

### Expressing an interest in becoming a community health champion

<b>First name:</b>	
<b>Last name:</b>	
<b>Home address:</b>	
<b>Postal code:</b>	
<b>Email address:</b>	
<b>Preferred telephone no:</b>	
Please tell us a little about why you are interested in becoming a Community Health Champion...	
Do you have any special requirements to enable you to get involved (e.g. wheelchair access, sensory support etc.)? Let us know if there is anything you would like to chat to us about.	
How often would you usually be available to give your time to this work (please tick)? <input type="radio"/> 3+ hours a week <input type="radio"/> 1-2 hours a week or less <input type="radio"/> A couple of hours a month	
Please post or email your completed form to: carol.barbosa@stonegatehc.org	

### What will we do with this information?

- The information you have given us on this form will enable us to get in touch with you and chat about your interest in getting involved.
- Your personal details will be stored securely on our system and will not be shared with any third party.

# Collaborative Practice in Ontario: What's it all about?

Collaborative Practice is all about community health services and local people finding new ways of working together – making a difference to people's lives, releasing new talents and resources, and improving services through a new, collaborative model of care.

We are inviting local people to gift their time as 'community health champions', working alongside the team in our community health centre to collaborate on a new range of innovative activities and support for the people who use our services.

When local people bring their life experience and knowledge to help develop and deliver health services, new connections are made and everybody's lives improve. This way of working will help create a community health centre which provides the social support and connection people need to live well as well as the clinical services we offer already. As a result, both our services and the people using them become more resilient, making life better for everyone involved.

## Who are 'Community Health Champions'?

- Champions are people from our community who voluntarily give their time to work alongside our team to help develop 'Collaborative Practice'
- Champions help us to meet the non-clinical needs of patients, for example isolation, loneliness or learning to cope and live well with a long term condition.
- Champions and staff work together to do things that they can't do alone. They work on what matters, what they feel passionate about and that are a priority, whether this be re-designing a clinical service or setting up a fun, social group for people who, for example, might benefit from connecting more to other people.

## What kind of things do champions get involved in?

The kind of things champions get involved in depends on what matters most to the people in the group – both staff in the team and champions.

It may be that a physician or nurse has a special interest in working differently with patients with a long term condition such as diabetes and wants some help to meet with patients in a group rather than one-to-one. The physician may need help from the champions to meet and greet patients and help patients feel comfortable talking together about living with their condition.

Or it may be that Champions help with the day to day activity in the centre, for example helping patients use online services, welcoming people when they arrive and helping them navigate to the right room – generally just making the centre feel more welcoming and friendly in ways that the staff team don't always have the time to do.



Champions are also really good at coming up with new ideas to support people in non-medical ways. This could be driven by the skills and interests of both the team and Champions. Some of those activities might be regular, for example weekly singing groups or arts and crafts, others might be monthly for example a musical group or job club, and some might happen only when the weather is good, like kite flying or walking. And some things might only happen at certain times of year, for example staff and champions organising a celebration for people who would otherwise be alone on special occasions like Christmas or Canada Day.

#### Some things Champions MIGHT do:

- ✓ Develop social or peer support activities and groups. Examples include, history walks, poetry & a pint, knit & natter, carers support, community choir, singing, dancing, & reading groups
- ✓ Work in pairs or as a bigger group
- ✓ Support physicians who need help to host group sessions for particular groups of patients (e.g. people with diabetes)
- ✓ Let people know what's going on in the local community and in the health centre
- ✓ Bring a different way of seeing things into conversations and meetings

#### Some things Champions WON'T do:

- ✗ Work alone with patients
- ✗ Give medical advice or recommendations
- ✗ Have access to confidential information about other people
- ✗ Help people to jump the queue
- ✗ Put themselves in risky situations
- ✗ Assist with any personal or clinical care
- ✗ Anything they are not happy and comfortable to do

