

# Support on Your Palliative Care Journey

You and the people that are supporting you do not have to feel alone. There is support for you.

## Indigenous Cancer Navigators

Indigenous Cancer Navigators provide wholistic support and advocacy for First Nations, Inuit, Métis, and urban Indigenous patients with cancer and their families. They help to ensure cultural safety along the cancer journey. You do not need a referral from a health care provider to connect with an Indigenous Cancer Navigator; you can connect with them directly.

### Indigenous Cancer Navigators can:

- Coordinate cancer services
- Provide support before, during, or after a clinical appointment
- Arrange translation services
- Connect with a Non-Insured Health Benefits (NIHB) Navigator to understand what you may be covered for and support you with the process
- Arrange tele-visitation services with remote family members
- Connect you to an Elder or Traditional Healer
- Facilitate access to cultural practices and/or medicines
- Connect you with Traditional health programs and services (where available)
- Assist with discharge planning

For information about how to contact an **Indigenous Cancer Navigator**, visit: [cancercareontario.ca/en/find-cancer-services/indigenous-navigators](https://cancercareontario.ca/en/find-cancer-services/indigenous-navigators).



## Indigenous Patient Navigators

There are Indigenous Patient Navigators in hospitals across Ontario who provide wholistic support to community members and their families to navigate the health care system with cultural safety. You do not need a referral from a health care provider to connect with an Indigenous Patient Navigator, you can connect with them directly. Ask your health care provider if there is an Indigenous Patient Navigator in your local hospital.

### Indigenous Patient Navigators can:

- Provide support before, during, or after appointments
- Arrange translation services
- Connect patients to an Elder or Traditional Healer
- Facilitate access to cultural practices and/or medicines for patients
- Help explain what to expect during your health care journey
- Advocate on your behalf

## Non-Insured Health Benefits (NIHB)

The NIHB program provides eligible First Nations people and Inuit with coverage for a range of health benefits that are not covered through other social programs, private insurance plans, or provincial/territorial health insurance (e.g., OHIP). To see if you or the person you are caring for is eligible, visit [canada.ca/en/indigenous-services-canada](https://canada.ca/en/indigenous-services-canada).

### You may be covered for:

- Accommodations
- Transportation
- Medical equipment and supplies (e.g., wheelchair, home hospital bed, and bathing aids)
- Prescription drugs and certain over-the-counter products

Many people do not know what is covered. Reach out to an NIHB Navigator to help you understand your coverage. For more information about how to contact a NIHB Navigator, visit [health.chiefs-of-ontario.org/priorities/nihb](https://health.chiefs-of-ontario.org/priorities/nihb).

## Métis Nation of Ontario: Community Support Services Program

The Community Support Services Program is available to all Indigenous people and provides information, advocacy, and practical support that allows individuals to remain in their homes for as long as possible. The program's primary focus is to help people who are elderly and/or chronically ill and who may be experiencing isolation, having difficulty managing their disease or dealing with a terminal illness.

For more information and how to access the program visit [metisnation.org/community-support-services-program/](https://metisnation.org/community-support-services-program/).

## Ontario Federation of Indigenous Friendship Centres: Life Long Care Program

The Life Long Care program supports chronically ill, cognitively impaired, physically disabled, frail and elderly urban Indigenous people of all ages. The program provides transportation services, opportunities for socialization, service navigation and advocacy as well as emotional and spiritual supports to promote independent living and good quality of life.

For more information, **contact your local Friendship Centre.**



## Ontario Native Women's Association: Ska-Be (Helper)

This program provides support services to improve the health and wellbeing of urban Indigenous elderly women and families and/or those with chronic illness or disabilities. This is done through providing home care and/or respite services that support the needs of the family in relation to health and wellness.

For more information, call **1-800-667-0816** or visit [onwa.ca/ska-be](https://onwa.ca/ska-be).

## Supportive Cancer Care Programs

The Cancer Centres throughout Ontario have a Supportive Care Program (sometimes called Psychosocial Oncology Program) that helps individuals and their families going through the cancer journey, from prevention to end-of-life, and through bereavement. The Supportive Care Programs can help with the psychological, emotional, social, spiritual, and physical concerns caused by cancer. Ask your health care provider about what is available to you.

The programs offer a variety of resources, including: physiotherapists, occupational therapists, social workers, psychologists, nutritionists, pediatric nurses, patient and family library, speech language pathologists, support groups/education sessions, and grief and bereavement support services.

## Resources

There are **Aboriginal Health Access Centres** and **Indigenous Community Health Centres** across Ontario that provide culturally safe health care and wholistic support to Indigenous people.

» Visit [iphcc.ca/oht-ohr-iphco-map](http://iphcc.ca/oht-ohr-iphco-map) to find a location near you.

**Canadian Virtual Hospice Living My Culture** is a platform where people from different cultures share their stories and wisdom about living with illness, end-of-life, and grief.

» [livingmyculture.ca/culture/](http://livingmyculture.ca/culture/)

**Hope for Wellness** is a free 24/7 culturally safe resource to support you and the people you care about with mental health.

» Call **1-855-242-3310** or connect to the online chat at [hopeforwellness.ca](http://hopeforwellness.ca)

**Jordan's Principle** is about ensuring that First Nations children can access the health, social, and educational services and supports they need, when they need them.

» Call **1-855-572-4453** or visit [canada.ca/jordans-principle](http://canada.ca/jordans-principle) for more information.

The **Inuit Child First Initiative** is about ensuring that Inuit children can access the health, social, and educational services and supports they need, when they need them.

» Call **1-855-572-4453** or visit [canada.ca/supporting-inuit-children](http://canada.ca/supporting-inuit-children) for more information.

For more information, resources, and support about palliative care, talk to your health care provider (e.g., doctor, specialist, nurse or Indigenous Navigator) or community health worker (e.g., home and community care worker).

### Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca).

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