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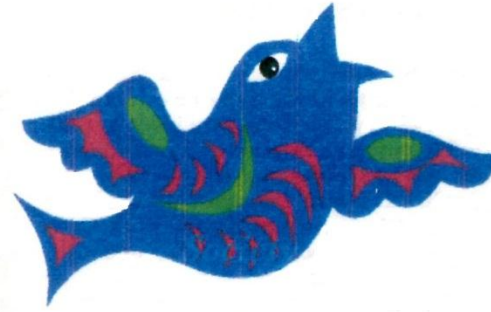
*Referrals can be made by the  
Following:*

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- *Social Development Workers*
  - *Community Health Representative – CHR*
  - *Family Physician*
  - *Family Members*
  - *Hospital Staff*
  - *Self - Referrals*
  - *Community Members*
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*If you or a family member will be in the hospital for a short / long period of time, upon your / their release, notify the Saanich First Nations Adult Care Society to ensure a quick response to all your health care needs.*

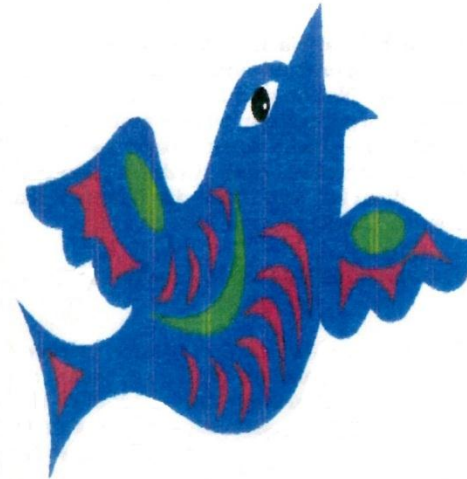
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***Saanich First Nations  
Adult Care Society***

*Celebrating 13 Years Of  
Serving The  
WSANEC Communities  
\*\*\* August 1995 \*\*\*  
To  
\*\*\* Date \*\*\**

*Location: 77 A Tsartlip Drive  
Brentwood Bay, B.C  
Mailing Address: Po Box 20016,  
Sidney, B.C  
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Phone: (250) 544 – 1627  
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***Saanich  
First Nations  
Adult Care  
Society***

***In home health care  
Specialists serving the  
Saanich First Nations  
People in the  
Saanich Peninsula.***

### We are here to help

The Saanich First Nations Adult Care Society has been in operation since July 1995. The Saanich First Nations Adult Care Society is a community organization whose main goal is to provide in – home health services to the acute and chronic care (elderly, chronic diseases, disabled and early discharges from the hospital) community members.

#### Services offered to elders / community members

Services to an elder or community member begins with a referral. A nurse does an assessment to determine the need(s) of the person; the following services are available to elders or community members with no fee for service:

- Home Support
- Home Care Nursing
- Acupuncture
- Mental Health
- Elders Program

#### Home Care Nursing

There are two nurses on staff. The nurses visit elder/community members to help with their health care issues. This involves:

- Doing home care assessment for those that need home support
- Providing nursing services such as dressing changes or pre and post surgery follow up.
- Advocating for the Saanich people to have their health needs respected in the health care system.
- Working with other health care professionals to help provide care.
- Providing palliative and hospice care /support to ill patients and their families.
- Providing health education to enhance ones well – being through holistic methods

### Home Support Services

The Home Support Workers are a vital link between the needs of the elder or community member and the services provided by the society. There are eight regular home support workers and two home support workers who are on call. All Home Support workers First Nations, so it is important to the Adult Care Society to provide compassionate, effective, responsible support to the Elders or community members in need of home support services.

#### Acupuncture

Jacqui Paul, Doctor of Traditional Chinese Medicine, Registered Acupuncturist & T.C.M. Practitioner has been with Adult Care since 1999. She treats the Saanich people in the most part for pain relief, most with beneficial results. Acupuncture can be used to treat numerous physical, mental and emotional conditions. In addition to acupuncture Jacqui also uses Reiki to treat her clients. It is rewarding for Jacqui to see people walking away feeling better and with a greater sense of self.

#### Mental Health

Counselling services have been available to community members since 2003. Office space is made available to Rif Kamil, registered psychiatrist, at no cost. He does home/school visits when required or requested by clients.

### Elders Program

The elders program provides socio – cultural activities for community members and an environment for peer support/networking since 2002. The elders go walking and swimming once a week. Sencoten language class occurs twice per week at the Saanich First Nations Adult Care Society office. During the school year, the Elders program goes to Lauwelnew Tribal School once per week to mentor students about the WSA NEC traditional culture and teachings, crafts and cooking. Once per month the Elders Program visits Brentwood Elementary for tea. During the summer months the Elders mentor the youth at each respective community Summer Student Program.

***To participate please contact  
the Saanich First Nations Adult  
Care Society Office at  
(250) 544 - 1627***