

Hospitals and the larger healthcare system can be confusing and uncomfortable.

Indigenous System Navigators are here to help!



Get in touch!

For more information or to get connected with an Indigenous System Navigator contact Home and Community Support Services Team at



Phone: 1-833-575-4577



Email: HCSS@maamwesying.ca



Fax: 705-256-7250



Maamwesying North Shore Community Health Services Inc. provides services to: **Atikameksheng, Sagamok, Serpent River, Mississauga, Thessalon, Garden River, Batchewana,** & the Urban Indigenous Population in Sault Ste. Marie through the **Indigenous Friendship Centre** and **Baawaating Family Health Team.**

Contact head office to learn more about what services are offered in your community



473B Highway 17 West, Cutler ON P0P 1B0



705-844-2021

Indigenous System Navigator

Helping you in your time of need by connecting you to services, and supporting you in your healthcare journey from hospital to home.



How to connect with an Indigenous System Navigator

At the Hospital

- You may be asked if you would like to be connected to the Indigenous System Navigator and they will make the referral for you if you choose
- You can also ask the healthcare staff to make the referral for you at anytime during your visit

Ask a Maamwesying Healthcare Provider

- They can send a referral on your behalf

Contact us!

1-833-575-4577

HCSS@maamwesying.ca

How we can help

When you work with an Indigenous System Navigator, they can:

- **Support your transition** from hospital to home to ensure continued care through the discharge process
- **Meet you where you are**, hospital or home
- Support you with personalized, culturally inclusive **hospital discharge planning**
- **Make referrals** to support you in all aspects of your health; Physical, Mental, Emotional and Spiritual
- Support you in accessing **cultural and traditional practices** that are important to you
- Create a **plan for your care** with you and your caregivers
- **Inform your healthcare team** of your plan of care

Are you or someone you know...

- Admitted to the hospital, or have an upcoming hospital visit expected?
- Having trouble managing your health with many different providers and appointments after a hospital visit?
- In need of help finding services for your health and wellbeing and do not know where to start?

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