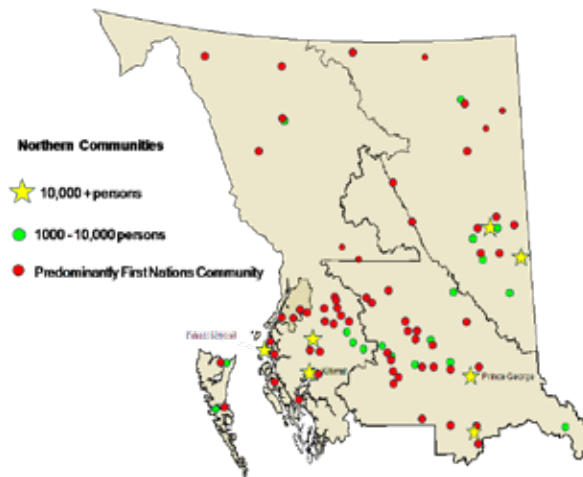


Indigenous health is holistic and seeks balance. At the heart of this view is an understanding that all things are connected and in relationship to one another – land, water, air, animals, individuals, families, and communities. Holistic health is a process that demands a broad and inclusive perspective for addressing health issues.



The Northern Health region includes the area west to Haida Gwaii, north to the Yukon border, east to the Alberta border, and south to the Robson Valley, Quesnel and Alexandria.



northern health
the northern way of caring

Indigenous Health

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Aboriginal Patient Liaison Terrace/Kitimat

Updated April 2021



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Northern Health is committed to partnering with First Nations and Aboriginal peoples and to building a health system that honours diversity and provides services in a culturally relevant manner.

TANYA GREGOIRE

Aboriginal Patient Liaison

Mills Memorial Hospital
4720 Haugland Ave
Terrace, BC V8G 2X5

Phone: 250-635-2211
Tanya.Gregoire@northernhealth.ca

ABORIGINAL PATIENT LIAISONS (APL)

APLs work to ensure Indigenous Peoples and their families have access to high quality, culturally appropriate care. APLs help bridge the gaps between western and traditional medicine for a holistic health approach.

Indigenous Health supports ten APLs, nine of which are NH employees, and one is contracted by Carrier Sekani Family Services (Prince George).

SERVICES PROVIDED

- Arrange for translation services
- Help patients understand health care processes, procedures and terminology
- Help admission and discharge planning go according to patient needs
- Assist with Advance Health Care Planning
- Facilitate communication and cultural understanding between patient and care providers
- Assist patient with end-of-life resources
- Coordinate spiritual / cultural advisors
- Support and comfort family and friends
- Help link patients to First Nations Health Benefits
- Assist with transition to and within long-term care

LOCAL RESOURCES:

Alzheimer Society

250-635-0980

Terrace HandyDart

250-635-2666

Cancer Support

1-800-663-3333 ext.4965 or ext. 4966

Emergency Shelter 24/7 (all genders)

250-635-5890

Home & Community Care

250-631-4272

Indian Residential School Survivors Society

250-635-4499 / 1-877-355-4499

K'San Society - stop the violence (women)

250-635-2373 (free)

Mental Health & Addictions Services

250-631-4202 (free)

Northern Health Connections Medical Bus

1-888-647-4997

Terrace Hospice Society

250-635-481

*This brochure was last updated in **April 2021**. Up-to-date information, including any staffing changes, is accessible online via the Indigenous Health website: www.indigenoushealthnh.ca/initiatives/APLs*