Planning Today for Tomorrow

Retirement isn’t what it used to be…

- Life expectancy
- The three retirements

It’s better!

Navigating the Health Care System

Creating your preferred future in retirement - now!
Navigating the Health Care System

A Four Part Series

➢ The Family Doctor and Beyond...
➢ Overtaken By Illness...
➢ No Longer Independent...
➢ Advocating For Health
Overtaken By Illness...

Getting the Care You Need When You Need it

- Information is power
- Getting timely access to care
- Finding the best place for your care
- Identifying the right team to provide your care
- Accessing home and community health care
Information is Power - Managing Your Condition

- Learn everything you can about your condition
- Seek out an organized program
- Build your care team/support network
- Stay abreast of new developments in treatment
- Adjust your life to successfully manage your condition
- Research evidence that supports alternatives to long-term medication
Overtaken By Illness...

Tools For Timely Care

- Addressing the wait time factor
- Advocacy – a voice and support
- Self-Management
- Networking – information and access
- Appropriateness
Overtaken By Illness...

Key Steps To Ensure A Safe Journey

- Get to the right place
- Know your drugs
- Have the right care team
- Be involved in your care
- Don’t go alone – bring an advocate
Overtaken By Illness...
Where’s the Best Place for Care?
Who’s on Your Team?
Considerations – Options/Mix/Transitions

- Primary Care Provider - Family Doctor/Nurse Practitioner/Interdisciplinary Teams
- Community Clinics
- Specialists
- Alternative Health Care providers
- Hospitals/Organized Care Networks
- Home Care/Community Support Services - CCACs
Overtaken By Illness...

Health Care at Home

- What’s Available
- Points of Access
  - CCAC [http://healthcareathome.ca/](http://healthcareathome.ca/)
- Private Companies
- Issues
- Road Map to Better Care
Overtaken By Illness...

Insurance Considerations

- OHIP
- Extended Benefits Plans
  Employer or Private
  Inclusions/Exclusions/Drug Coverage
- Travel Health Insurance
- Disability Insurance
- Critical Care Insurance
Overtaken By Illness...

Questions?

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Please Join Us For the Next Session in the 
Four-Part Series

When Independence is No Longer An Option
Finding Your Way Through the Maze of 
Long-Term Care

October 27, 2015
12 – 1 PM
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