

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



Overtaken By Illness...

Information is Power - Managing Your Condition

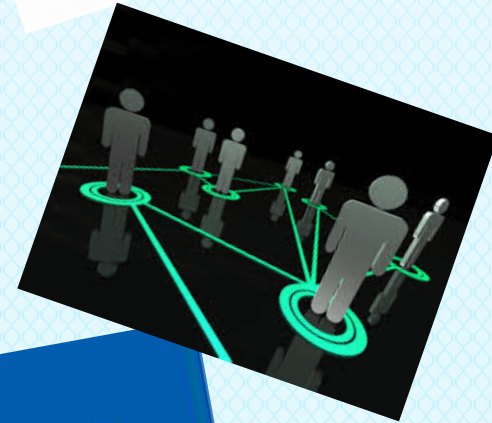
- Learn everything you can about your condition
- Seek out an organized program
- Build your care team/support network
- Stay abreast of new developments in treatment
- Adjust your life to successfully manage your condition
- Research evidence that supports alternatives to long-term medication



Overtaken By Illness...

Tools For Timely Care

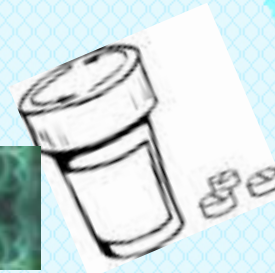
- Addressing the wait time factor
- Advocacy – a voice and support
- Self-Management
- Networking – information and access
- Appropriateness



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 T**
- **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

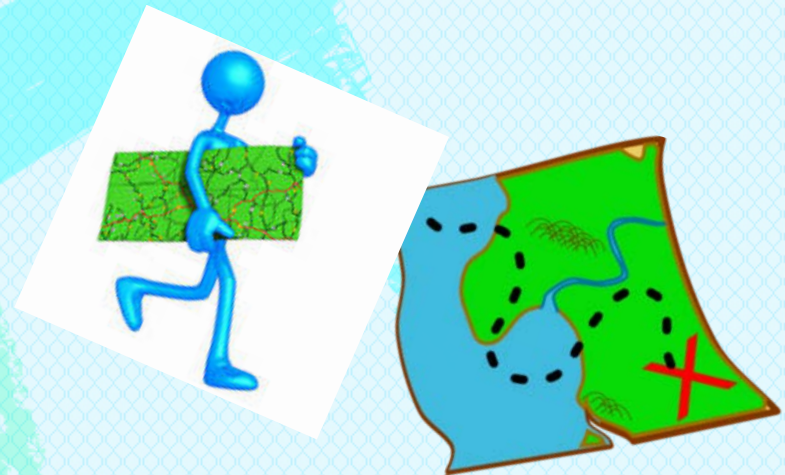
➤ Points of Access

CCAC <http://healthcareathome.ca/>

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

Overtaken By Illness...

This presentation is provided to York University, Human Resources, Pension and Benefits for seminar participants
October 20, 2015

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