



Entité 4

Engager • Collaborer • Réaliser

PLANIFICATION DES SERVICES DE SANTÉ EN FRANÇAIS

Press release

For immediate release

A first for health services in French in the region of Central East LHIN

Participants in the program "Living a Healthy Life with Chronic Conditions" received their certificate on April 20, 2013

Aurora, Ontario (April 23, 2013) – Entité 4, which works to improve access to health services in French on its territory, congratulates the first group of francophone graduates of the program "Living a Healthy Life with Chronic Conditions" upon finishing their six-week training.

The twelve participants, who successfully completed this self-management program, were awarded a certificate last Saturday to mark their accomplishment.



A group of participants with some of the organizers of the workshops

This is the first time that the "Living a Healthy Life with Chronic Conditions" workshop is offered in French in the Central East LHIN region, by the *Central East Community Care Access Centre (CECCAC)*, in collaboration with the *Central East Local Health Integration Network (CE LHIN)* and *Entité 4*. This marks an important step toward effective and quality health care for Francophones, as many studies show that access to services in a language other than one's mother tongue has a negative impact on health.

This program is designed to help people with chronic conditions to better understand and use the resources at their disposal to take better control of their own health. In addition to gaining knowledge about healthy lifestyles practices, participants develop skills in areas such as goal setting, problem solving and communication.

In line with the Chronic Disease Self-Management Program model, developed by the *Stanford Patient Education Research Center*, a pair of facilitators leads a small group of participants who meet weekly for 2 ½ hours over a six week period. The workshop series which ended on April 20th was given by two facilitators who were amongst the seven francophones trained in September 2012 to offer this program in French in various places across the territory of Entité 4 throughout 2013.

Entité 4 is pleased that the seeds sown last year have produced concrete results for the francophone community.

We would also like to thank all the partners involved, the *Central East CCAC*, the *Central East LHIN*, *Bendale Acres* and *Kay Creole*, for supporting this project.

Entité 4's mandate is to make recommendations to the Central, Central East and North Simcoe Muskoka LHINs to improve access to quality health services in French for the francophone community in these areas.

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For more information, please visit www.entite4.ca or contact Katalin Bagi by email at k.bagi@entite4.ca or by phone at 905-726-8882, ext. 806.