

NAVIGATING HEALTH SERVICE IN THE RURAL LANDSCAPE FOR NEWCOMERS



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INTRODUCTION - WCHC

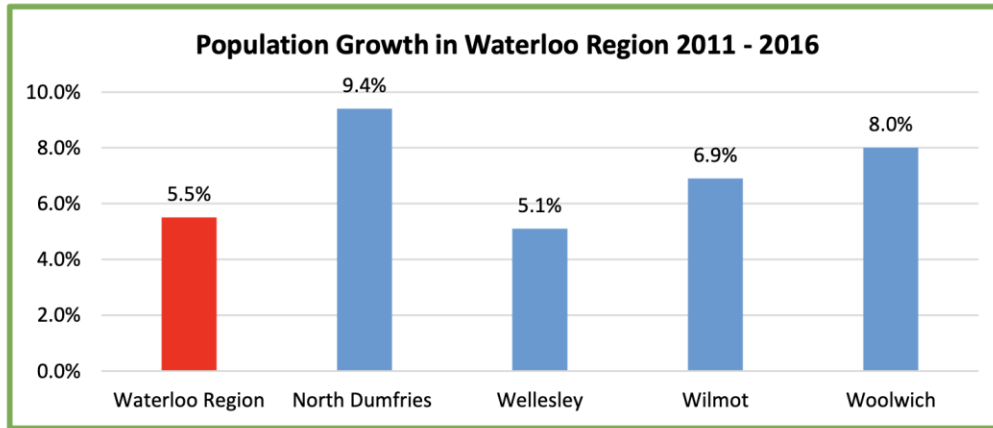
RURAL WATERLOO

- Serving Woolwich, Wellesley, & Wilmot
- 3 sites (St. Jacobs, Wellesley, Linwood)
- Primary health care (Doctors, NPs, nurses), physiotherapy, counselling, foot care, dieticians, community team



POPULATION GROWTH

Population Growth



Source: Statistics Canada 2011-2016

- The rural townships are growing at a faster rate than the cities

VAST LANDSCAPE

RURAL WATERLOO

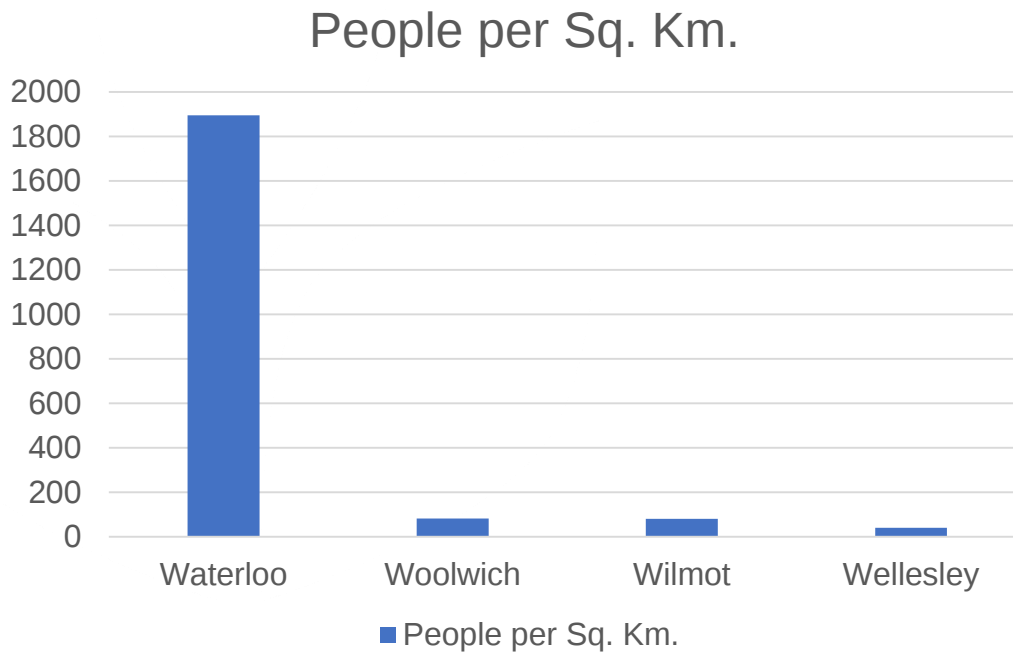
People per sq. km:

Waterloo: 1895

Woolwich: 82

Wilmot: 81

Wellesley: 40



BARRIERS

RURAL WATERLOO

- Due to vast landscape, healthcare access becomes large barrier
- Lack of public transportation
- Leads to isolation
- Aging population
- Nature of farming communities
- Stigma in rural



NEWCOMERS

- Public transportation
- Housing
- Language barriers
- Employment
- Isolation

Strategy:

- Culturally competent outreach programs
- Multilingual resources
- Community liaisons

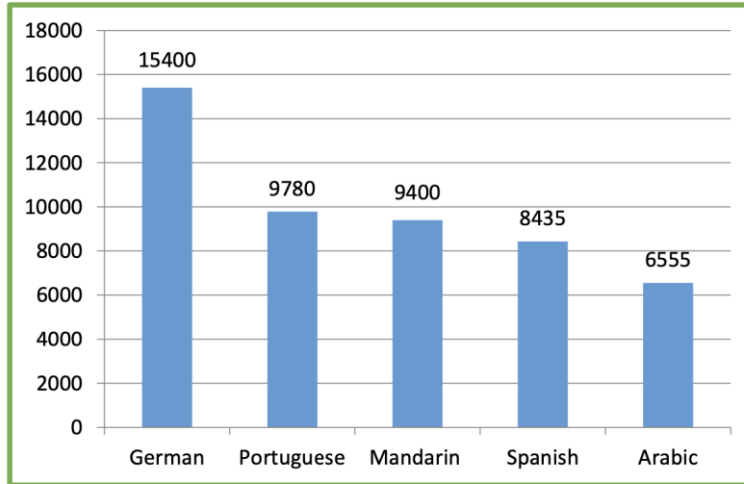


**EXAMPLE: UKRAINIAN NEWCOMERS IN
WOOLWICH**

ST. JACOBS & MARYHILL UKRAINIAN GUESTHOUSES



Waterloo Region Mother Tongue, 2016



Source: Statistics Canada, 2016 Census

MENNONITE POPULATION

- Top 5 languages
- Mennonite population in rural (Low German)

NAVIGATING RURAL HEALTH SYSTEM - ASSETS



- Woolwich Community Health Centre
- Community Care Concepts
- Interfaith Counselling Centre
- North Dumfries Community Health Centre
- Porchlight Counselling and Addiction Services
- Wilmot Family Resource Centre
- Woolwich Community Services
- Woolwich Counselling Centre



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