

About the London InterCommunity Health Centre

London InterCommunity Health Centre has been a part of your community for more than 25 years. We provide health and social services in a welcoming setting to individuals and families living across the city of London. The Health Centre is committed to creating an inclusive and safe space for all sexual orientations, gender identities and gender expressions.

Our two East London locations offer care by a team which includes doctors, nurse practitioners, nurses, social workers, dietitians, mental health specialists, health promoters and community health workers. The Health Centre also offers many programs that address the factors in our personal lives that affect our health. These include income, education, housing, food security, recreation and social supports. At the Health Centre, our vision is: building opportunities for healthy and inclusive communities.

Last updated: November 2015



Welcome to the Seniors' WrapAround Program

659 Dundas Street
London, Ontario N5W 2Z1
Tel: 519-660-0874
Fax: 519-642-1532

Hours: Mon 9-5, Tues 9-9
Wed 9-9, Thurs 10:30-5, Fri 9-5

Unit 7 – 1355 Huron Street
London, Ontario N5V 1R9
Tel: 519-659-6399
Fax: 519-659-9930

Hours: Mon 9-9, Tues 9-5
Wed 9-5, Thurs 10:30-5, Fri 9-5

*Please note that on the fourth Thursday of each month the clinic opens at noon.



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Every
One
Matters.

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What is the Seniors' WrapAround Program?

Seniors' WrapAround is a program for immigrant and Francophone seniors and other vulnerable individuals over age 55 who feel alone in the community and who might have some problems with their health.

The WrapAround team understands that being a senior in a new community can be difficult, especially if you are adjusting to the culture and language in a new country. You may feel as though your life depends on others and you can't make your own decisions or do simple things for yourself. Activities such as visiting friends or family, shopping, or attending religious services may seem difficult or stressful. You may have worries about your health, your home, your neighbourhood, or about how to sign up for services.

The WrapAround program will help you by bringing together a supportive team of family members, community members and professionals. This team will help you with the areas of your life that worry you.



How does WrapAround work?

The London InterCommunity Health Centre has WrapAround staff that are called Facilitators. These Facilitators are trained to help you by developing a **personal action plan**. This plan will start with a meeting where you and your Facilitator will identify the areas of your life where you need support. Your Facilitator will then help you to set up a support team. Together with your team, you will work to improve these areas, helping you to feel better and live with dignity.

Who qualifies for this program? (Eligibility Criteria)

Immigrant and Francophone seniors aged 55+ who:

- Live alone or feel isolated
- Face barriers because of culture, language, lack of transportation, etc.
- Have an illness or who are at risk of hospitalization or moving to a long term care home (nursing home)



Why might WrapAround be good for me?

WrapAround will make community services easier to find and easier to use. Your plan will be based on your own desire to improve your quality of life. Your WrapAround team will help you to take an active role in your family, community, and health care. By having a plan in place, it will be easier for you and your family members or closest friends to access services that may help you.

Do I have to pay for this program?

No. There is no cost to you.

How can I learn more?

For more information or to see if WrapAround is right for you, please call Adriana Diaz, Team Lead, Immigrant and Ethno-Cultural Programs, at 519-660-0875, ext. 226.

