

Ladysmith Community Health Centre

1111 - 4th Avenue
Ladysmith, BC

Phone: 250-739-5777
Fax: 250-740-2689



PHC, CDM & RHS
Laying the Foundation

Services Available
at

Ladysmith Community Health Centre

1111 - 4th Avenue
Ladysmith, BC

Main Switchboard
(250) 739-5777



Services at Ladysmith Community Health Centre

Urgent Care/Clinical Day Care

Acute medical health issues due to injury or illness. If severe, call 911. Booked procedures (e.g. casts, IVs, Seniors' risk assessments.) Open seven days a week, 7:30am to 10:30pm.
250-739-5777

Physiotherapy & Occupational Therapy

- Post surgery physiotherapy assessments and treatments. Referrals: self/practitioner **250-739-5788, local 54857.**
- Falls Prevention Program: A multi-disciplinary program that works with seniors to help them stay strong, healthy, on their feet and in their homes. Referrals: self/practitioner **250-739-5777.**
- Neurological Rehabilitation Program Short term rehab services for adults with significant neurological impairments e.g. stroke, that impact their ability to function. Referrals: self/practitioner. To speak directly to a therapist, call **250-739-5788: OT local 54826, PT local 54857.**

Diabetes Education

Education, monitoring and support for management of diabetes, self testing,

diet counseling. Each Tuesday morning by appointment or drop in most Tuesdays 2:00pm – 3:00pm. Room 114. Referral: Self or health practitioner. Call **250-739-5788 ext. 42004** for appointment.

Nutrition Counseling

Nutrition assessment, education & recommendations. Thursday by appointment. Room 114. Referral: Self or health practitioner. **250-739-5788 local 54810.**

Ladysmith Family Practice Clinic

Team based primary health care for acute illness and injury, chronic disease management, palliative care, assessment & referral, preventative and wellness. Physicians, Nurse Practitioners, RNs, support staff. Hours: Mon – Fri, variable by appointment. Referral: Self (priority to patients who do not have a local practitioner.) **250-739-5784**

Child Health Clinics

Immunizations: **250-755-3342.**

Assessment, parent and breastfeeding support by Public



Services Available (cont'd)

Health Nurses. Nutrition, Dental, Speech and Parenting services available on request. Mon – Fri. Variable hours. Referral: Self, health practitioner. [250-755-3388](tel:250-755-3388)

Youth Health Clinics

Drop in clinic for teens for birth control, STI testing and other info. Staffed by Public Health Nurses and Nurse Practitioners. Hours: Wednesdays, 3:00pm – 5:00pm. Referral: Self, school, health practitioner. [250-755-3345](tel:250-755-3345)

Midwife

Prenatal & postpartum care. Room 116. Referral: Self or health practitioner. Call Laurie Untereiner, [250-246-4083](tel:250-246-4083).

Youth & Family Addiction Services

Individual (under 19) and/or family counseling related to substance use/misuse. Hours: Mon – Fri: 8:30am – 5:00pm. Room 109. Referral: Anyone, provided the youth has consented to the referral as services are voluntary. [250-739-5788](tel:250-739-5788), local 54806

Child & Youth Mental Health Services, MCFD

Multidisciplinary Team providing clinical and psychiatric assessment, treatment, integrated case

management, consultation and advocacy to children, youth and their families seeking assistance with a Mental Health concern. Room 110. Referral: Anyone can call Intake Clinician at: [250-741-5444](tel:250-741-5444). Nanaimo main office hours: Mon – Fri: 8:30am – 4:30pm.

The Aboriginal Outreach team provides Child and Youth Mental Health Services to urban Aboriginal, First Nations and Métis children and their families. Intake Worker at [250-741-3600](tel:250-741-3600).

Adult Mental Health & Addictions

Intake assessments, screening, short-term follow up & referrals to specialized mental health services in Nanaimo and Duncan and/or community resources for those 19 and up with mental health & addictions issues. Hours: Mon – Fri by appointment. Room 105. Referral: Self, clinicians, GPs, community agencies. [250-739-5788](tel:250-739-5788), local 54804

Crisis line:
[250-754-4447](tel:250-754-4447)
if urgent.

Home & Community Care (HCC)

Call Intake for all
Home & Community Care programs:
[250-739-5749](tel:250-739-5749) or [1-877-734-4101](tel:1-877-734-4101)

- **Long Term Care Case Manager:** Assessment of need for assistance at home, referral to other HCC services and Adult Day Program or admission to Assisted Living or Residential Care. Referral: Self, family or practitioner/

clinician by calling Intake.

- **Home Care Nursing:** Nursing care in the community: dressings, teaching, palliative care and assessment and referral to other clinicians. Referral: Self, family or practitioner/clinician by calling Intake.

- **Home Support:** Assistance (e.g. bathing) to eligible clients; supplement to support self/family care to allow the client to remain in their home. Referral: Home & Community Care clinician.



- **Therapeutic Services:** Home assessment, education and follow-up. Stroke Rehab program. Staff: Occupational Therapist, Physiotherapist. Referral: Self, family or practitioner/clinician by calling Intake in Nanaimo.
- **Adult Day Services:** Day program for eligible adults (mostly seniors) for social, physical and mind stimulating activities as well as respite for caregivers. Includes education, treatment and assessment as appropriate. Transportation available. Hours: Mon–Fri as per individual assessed need. Referral: Home & Community Care Case Manager (Intake as above).

Laboratory

Specimen collection, ECGs, 24 hour heart monitors (“Holters”). Hours: Mon – Fri, 7:00am – 4:15pm; Saturday, 8:00am –

11:00am. Referral: Health care practitioner by requisition. [250-739-5786](tel:250-739-5786). Call [1-866-370-8355](tel:1-866-370-8355) for your lab results.

X-ray

Non invasive radiological exams. NEW hours: Mon – Fri: 9:15am – 12:15 pm, 1:30pm – 4:15pm & 5:00pm – 6:00pm. Referral: Health care practitioner by requisition. [250-739-5777](tel:250-739-5777) local 54858



Red Cross Loan Cupboard

Loan of medical equipment. Referral: Note from health care practitioner to ensure safe and appropriate equipment and use. [250-245-9791](tel:250-245-9791) (messages checked twice daily).

Senior's Outreach Team (SORT)

Outreach clinical assessment and support services for those 65 + who have concerns about their mental, emotional and physical well being and/or use of medications or alcohol. Includes psychiatric consult, nursing and occupational therapy assessment, education and follow up care. Room 111. Referral by self or practitioner/clinician to intake: [250-739-5777](tel:250-739-5777).