



Nomination

Expanding your reach

MAC H2OPE, Hamilton FHT, McMaster FHT, McMaster University, YMCA
MAC H2OPE– Helping Hamiltonians through Occupational therapy and Physiotherapy
Engagement



The MAC H2OPE clinic is a collaboration between McMaster University, LiveWell at the YMCA of Hamilton/Burlington/Brantford, the McMaster FHT and the Hamilton FHT. It brings together Occupational Therapists (OT) and Physiotherapists (PT) to provide free rehabilitation services to low income Hamiltonians with no access to privately or publicly funded OT/PT. MAC H2OPE merits recognition because it increases access to services, and demonstrates the benefits of collaboration between organisations, professions, clinicians and students. The clinic has also been successful at operating with very limited resources and supplies, which illustrates the cost-effectiveness of rehabilitation services.

Clients are active participants in the implementation of the clinic as they direct the goals of interventions based on specific activities that are meaningful to them (e.g., playing guitar, mopping, playing with kids). Progress on ability to perform activities is reassessed at regular intervals. Quality indicators used at MAC H2OPE are based on clients' specific outcomes, and their description of the ways they access healthcare. To evaluate the clinic, focus groups and individual interviews with clients were conducted to determine unmet needs, available services, experiences, what worked well, recommendations for change and further opportunities for collaboration.