



Nomination
Mental health and addiction support in primary care
Aurora-Newmarket FHT/Sarah de Almeida
Occupational Therapist Wellness at Home Program



Each week our OT shared useful information and resources aimed at patient wellness during this time of COVID-19. Topics such as sleep hygiene, physical activity, establishing routine and senior's wellness were discussed. A mental health support list was shared and included information pertaining to crisis supports and helplines, virtual counselling, apps and videos teaching patients coping strategies and more. Wellness check calls are made for our patients aged 70+ and children with special needs were called to ensure their basic needs were being met, such as access to social supports, food, adequate housing etc. This was well-received by patients and allowed us to support patients not only medically, but from a psycho-social standpoint.

