

# About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at [wehc.on.ca](http://wehc.on.ca) to learn more about us.

The nurse practitioner will work with you in one on one sessions and/or group sessions. During those visits, we will help identify your specific needs and a plan to address those needs.

The Chronic Disease Management Program is open to the public. You do not need to have a doctor or nurse practitioner at the WECHC to access these services. For a referral to the Chronic Disease program, ask your doctor or nurse practitioner today.



West Elgin Community Health Centre  
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[wehc.on.ca](http://wehc.on.ca)



## Chronic Disease Nurse Practitioner Services

Living with a long-term  
condition can be challenging.  
We can help!





Everyone is susceptible to the effects of stress at some point. Living with a chronic condition can make you particularly vulnerable. Chronic illness adds more stressors to the everyday challenges that most people face. For example, you may need to learn how to:

- Cope with pain or discomfort from your symptoms
- Take steps to manage your condition and practice self-care
- Adjust to limitations that your condition puts on your life
- Manage increased financial pressures
- Cope with feelings of frustration, confusion, or isolation

## **WECHC's Chronic Disease program is offered by a Nurse Practitioner.**

The goal of the program is to work with clients to maximize quality of life and minimize the challenges of living with a long-term condition.

We recognize that chronic conditions can not always be cured and that you may not have full control of the condition. We believe that you can have control over how the condition impacts you and how you choose to live your life.

We can help you better manage your condition and learn:

- More about your symptoms and treatment options
- What makes your symptoms better or worse
- Explore ways to regain control and improve how you cope with the daily stresses of living with your chronic condition(s)
- Try trials of pain management treatments such as acupuncture, cupping, and laser -free of charge.
- Explore holistic ways to increase overall health and decrease reliance on medications

## **Who we see:**

We work with people living with a variety of chronic illnesses including asthma and chronic obstructive pulmonary disease (COPD), weight management, heart disease, chronic pain and insomnia.

Groups are offered throughout the year at no cost. Education and peer support improve self-management. Watch for advertising or call to be put on an interest list.

