

Have you ever given thought to the name of this magazine? Health Matters! Your health, matters. And, health matters affect us all.

Community Living Upper Ottawa Valley would like to commend the many health professionals in our community that take the time and effort to get to know their patients and their various health needs. Many people we support, adults in your community with developmental disabilities, often need a variety of health professionals to stay well. So we would like to say thanks!

Thanks to pharmacists who develop relationships directly with their clientele, understanding sometimes complex and contradicting health needs and advocating regularly for optimum care.

Thanks to those general practitioners who follow Public Health Agency of Canada (PHAC) guidelines for preventative screening; doctors who consider not only the dignity of risk, but also the rights



of all citizens to have thorough health care. Many doctors have helped to address concerns of comfort and dignity of risk while still performing recommended screening (ie: PAP tests, PSA screening, colonoscopies, mammograms) and referring to specialists as needed.

Thanks to nutritionists, dieticians and nurses who support good health decisions, and who use plain language and creative resources to offer suggestions and strategies to people on a fixed budget.

Thanks to dentists who recognize that while limitations

are imposed for funding screening and dental care when someone is part of the Ontario Disability Support Program (ODSP), still provide optimum care, sometimes at their own expense. Thanks to local emergency departments and paramedics for professionally and respectfully assessing the health needs for people that may not fully understand their own emergency situations.

Thanks to psychiatrists, psychologists and mental health support personnel who recognize that one diagnosis does not preclude an individual from

receiving support for any other diagnosis. Thank you to those who take the time to get to know the person and their particular situation so that ongoing support is available and the default approach is not always more medication.

As with any community, there are partners who excel in providing excellent quality healthcare, but there are times when advocacy for this is still very much needed. So lastly, a special thank you to our staff who advocate tirelessly so that people with developmental disabilities can enjoy their best possible health, because Health Matters!

**ASK THE EXPERT:**

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## Supporting People with Intellectual Disabilities



People with intellectual disabilities are highly involved in our community. They are employees and students; volunteers and neighbours. We are pleased to support these individuals and the community in which they thrive.

Read the stories of these people and more at [www.iamcommunityliving.com](http://www.iamcommunityliving.com)

## Inspiring Possibilities

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