

- **Educate**

- › We can tell you about services and benefits that may help you meet your goals and improve your quality of life.

To contact a social worker:

**Inverness Collaborative
Family Practice**
70 Maple Street
Inverness, NS B0E 1N0

- › Phone: 902-258-2737

Social workers are registered members of:

- › Canadian Association of Social Workers
- › Nova Scotia College of Social Workers

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more:
<https://library.nshealth.ca/patient-education-resources>

Social Work

Inverness Collaborative Family Practice



Compassion

Accountability

Respect

Excellence

Mission

- Social workers help you and your loved ones cope with life changes and stress from trauma, illness, or disability.
- Our goal is to provide the highest standards of social work practice to patients, families, and communities.

Values

- Social workers build on the strengths and resources of the people we work with.
- We are dedicated to preserving the values of human dignity, compassion, respect, and self-determination (your ability to make your own decisions about your life).

Visit our webpage at:

- › www.nshealth.ca/clinics-programs-and-services/social-work

- **Social workers can help with:**
 - › **Adjusting to or coping** with illness, injury, and disability
 - › **Death, grief, and loss**
 - › **Lifestyle changes**
 - › **Referrals** to community agencies
 - › **Connecting you to resources** for private home care and/or private assisted-living facilities
 - › **Concerns** about being admitted to the hospital
 - › **Practical support and/or financial concerns** (like equipment needs, meals, medications, travel to medical appointments, and information about income support programs)
 - › **Personal concerns** (like relationship issues, caregiver stress, family conflict)

Social workers:

- **Counsel**
 - › If you are going through a hard time, talking with a social worker can help you get the support you need and lower your stress.
 - › The goal of counselling is to find a way to resolve a problem, or find ways to manage the effects of the problem.
- **Advocate**
 - › We represent your interests when you cannot do so. This may include filling out application forms, writing letters, or making phone calls.
- **Collaborate**
 - › We work together with other members of your health care team in inpatient, outpatient, and community-based programs.