

Working For Health with the Northern Chronic Care Coalition

To learn about the Northern Chronic Care Coalition, or to invite the NCCC to visit your community, mail or fax this form to:

Mail: #100-1114 Central Ave.
Prince Albert, SK, S6V 4V6
Fax: (306) 764-1276

Name: _____

Community: _____

Phone: _____

Email: _____

I am:

a patient or family member

a health care professional

a community leader

other: _____

I would like:

more information about the NCCC

a visit from an NCCC member

other _____

You can phone (306) 240-5731
or email:
Carol@healthnorthcareers.ca



Northern Chronic Care Coalition Members

Athabasca Health Authority (AHA)

Health Canada, First Nations and Inuit Health
Branch, Saskatchewan Region (FNIH)

Keewatin Yatthé Regional Health Authority
(KYRHA)

Kelsey Trail Regional Health Authority
(KTRHA)

Lac La Ronge Indian Band (LLRIB)

Mamawetan Churchill River Regional Health
Authority (MCRRA)

Meadow Lake Tribal Council (MLTC)

Northern Inter-Tribal Health Authority
(NITHA)

Northern Medical Services (NMS)

Peter Ballantyne Cree Nation (PBCN)

Prince Albert Grand Council (PAGC)

Population Health Unit (PHU)

Prince Albert Parkland Regional Health
Authority (PAPRHA)

Saskatchewan Health

Chronic Disease Self-Management

*Helping Others Live Well
When Illness Is Lifelong*

NCCC
**Northern Chronic
Care Coalition**
a priority of the
Northern Health Strategy



Working together to
improve chronic disease
management in Northern
Saskatchewan.

Helping Others Live Well

Chronic disease is a fact of life in northern Saskatchewan. Many northerners struggle with their own conditions, or those of their family members.

Groups, individuals and communities all have roles to play in helping northerners manage their conditions to achieve the best possible quality of life, and to be full participants in their homes, work places, and communities.

By improving the experiences of individuals with chronic disease, chronic disease self-management benefits everyone.

Quality Care and the NCCC

The NCCC is the Northern Chronic Care Coalition. This group of northern residents and health professionals was formed through the Northern Health Strategy Working Group (NHSWG), which works on improving health in northern Saskatchewan.

The NCCC knows that chronic disease takes a toll on everyone, and that certain diseases—such as diabetes, heart disease and chronic obstructive pulmonary disease—are especially common in the North.

“These diseases are an increasing burden on our people and on our health care system,” says NCCC coordinator Carol Gillis. “It’s vital that Northerners receive high quality care, and that we reclaim our tradition of being active in protecting and improving our own health.”

The NCCC is involved in community development and creating close ties between everyone involved in health—from health care clients and caregivers to managers and CEOs, both inside and outside the health system. They can help you or your organization make the connections that will help your chronic disease initiatives succeed.

Chronic Disease Self-Management

Self-management doesn’t mean people will lose access to health care, or be left to handle complicated diseases on their own. Instead, self-management is about working with health care providers and other supporters in order to live well.

“Many chronic diseases can be avoided or improved when people are guardians of their own health,” Gillis says. “That’s something we can all do for ourselves.”

The NCCC, in cooperation with Northerners, is developing a chronic disease self-management program to fit into northern life. This program will:

1. help health care clients, families, and communities know how best to manage disease and enjoy better health.
2. help health care providers share knowledge with individuals, empowering them to make decisions and take actions.

From its inception, the NCCC has looked for input from the people who live closely with chronic disease—residents, communities and health care providers. Therefore, we have brought together community members, practitioners, organizations, the Provincial Live Well with Chronic Conditions program and the Stanford University Program.

Everyone discussed how to ensure a successful start to a patient self-management program that will help people live well in the realities of northern Saskatchewan.

Now, you can join the conversation by sharing your ideas and experiences, or by finding out how the NCCC can assist with promoting and facilitating your chronic disease initiatives.

