

TEAM BASED CARE

WHAT is TEAM-BASED CARE?

Team-based care is when the health care team is working collaboratively to meet whole health needs.

This team working together, enables and empowers the person who knows the most about their health care need. This team supports people to make decisions to improve their health outcomes which improves the health care experience for all those involved.

WHO is the TEAM?

The community member and partner/family
The primary healthcare team: Family Physician, Mental Health Clinician, Social Worker, Nurse Practitioner, Nurse, Indigenous Wellness Advocate, Traditional Healer and others.

The extended healthcare team:

Community Health Services, local Community Partnerships and Agencies, Métis and First Nations Health resources, Acute Care, Specialized services



What contributes to successful team-based care?

- The person at the center of care
- Shared Purpose
- Clear Roles and Responsibilities
- Effective communication and conflict resolution
- Collaborative Leadership
- Shared Learning
- An environment free of racism and discrimination

What foundations need to exist to make it all possible?

- Culturally informed policies and practices and Cultural Humility
- Shared goals, beliefs and values
- Collaborative decision-making
- Respect for multiple perspectives
- Infrastructure and time to promote collaboration
- Key skills in health promotion and chronic disease prevention and management