

# ARC - Access to Resources in the Community - Accès aux Ressources Communautaires

- **Person-centred Approach to Navigation**
- **Learning from Multicultural Health Navigators (MHNs)**

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# Traditional Approach vs. Person-centred Approach to Navigation

In the following videos, a community health worker talks with a client who has diabetes and has been advised by her physician to lose weight.

\* Traditional Approach: <http://youtu.be/FLpx7QHjMRY>

\* Person-centred Approach: <http://youtu.be/83EeBQuXOXo>

1. What does the Navigator do well in supporting the client's health and well-being?
2. What could the Navigator do differently to better support this client's health and well-being?

# Learning from MHNs' Experience

1. Please describe a typical day for you.
2. In your experience, what are some of the challenges in navigation? How do you overcome these?
3. What specific strategies do you use with clients to address barriers to health care?
4. Please describe a memorable client and what you learned from working with this person.