

# Do you know what an Ontario Health Team is?

As a patient navigating a complex care journey with health providers and specialists throughout the province, I recognized that integration of services needed to be improved. At times I could dedicate time to join as a member of the Patient Family Caregiver Council, and other times I stepped back because my health is always my priority. **I now have a relationship with our local Ontario Health Team** and can choose to stay informed and contribute through relevant online surveys and join in-person or online focus groups—whatever works for me at any given time. All voices and perspectives are important, and I see how patients and their caregivers are informing the way services are becoming better connected.

Patient  
Ontario Health Team volunteer



**An Ontario Health Team is a group of care providers, community organizations, patients and caregivers who are working together to design a better and more coordinated system of care in their communities.**

As we re-imagine a health system that serves each person, each family, each caregiver and each community best, we need the experience and voice of the people at the centre of the system; those who use it for themselves and their loved ones. We all serve to benefit from a system that works for all.

Find out more about [Ontario Health Teams in your community](#)

Developed in collaboration with patient/caregiver partners, Ontario Health and the Ontario Caregiver Organization.

# What are your thoughts on health care in your community?



When moving back to Ontario with my 18-month-old with Down Syndrome, it was very difficult to understand how to access the health care services needed for my son. Having lived this experience, **helping other families navigate the system** became my passion and I immediately sought out a place to **advocate** for this.

I have now been an active leader of my local Patient Family Caregiver Council for almost 2 years as a **caregiver partner**, and, with patient and caregiver voices in decision-making, it has become one of our local OHT's priority goals to **simplify system navigation**

Family caregiver  
Ontario Health Team volunteer

There are many ways to contribute to a better health system in a way that works best for you. You can keep up to date on health care changes in your community through newsletters, social media, and virtual or in-person town-hall style meetings. You may just want information about what's happening in your community, or you may be able to get more involved and share your experiences, knowledge and time-the options are open!

**You can work together with health care providers, decision-makers and other members of your community to make positive changes and improve health care for all.**

Get in touch with [your local Ontario Health Team](#) to find out more about how you can get involved.

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# Do you want to build better health care for your community?



As a caregiver, when my husband required a series of surgeries, we encountered challenges to accessing home care. At the time I coped, but it took a toll. Afterwards, **I wanted to be proactive and bring our experience** to a place where it could change service delivery for the better. I reached out to our Ontario Health Team and **I told our story.** Health partners in home care listened to the challenges we had and we talked about ways to improve the services offered. If I hadn't come forward, those same issues would still be happening today.

Caregiver of a spouse  
Ontario Health Team Volunteer

Across the Province, Ontario Health Teams are being created to find a new way of organizing and delivering care that is more connected to patients and clients in their local communities.

**In an Ontario Health Team, people with experience accessing health care services are working together with health care providers to improve care.** Patients and caregivers can contribute by sharing their experiences and help to inform how healthcare and social services are improved in the community. It is community members, like yourself, who make change happen.

We need your voice!  
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