

ANFHT QUARTERLY



A Message from our Executive Director

As I write this message, I reflect back on the 15 years our team has been together.

Yes, that's right, we are marking 15 years as the Aurora-Newmarket Family Health Team!

In 15 years, we have seen patients and employees come and go, each bringing something positive to our team and leaving lasting impressions on those of us that are still here.

We have introduced many beneficial programs and services for our patients, worked with our local hospital and our growing community partners. We have introduced new efficient ways to receive care and dealt with some very big challenges.

Health Care has evolved over the past 15 years and our team has always tried to keep up with the changes, with the newest one being involved in the Southlake Community Ontario Health Team (SCOHT). Visit their website southlakecommunityoht.ca to become more informed on the work that is taking place.

As the leaves are starting to change colour, I realize that the fall season is upon us and with that comes the awareness of the days becoming shorter and before we know it, winter will be our next season.

For our Family Health Team, we are starting new and improved programs and services, ensuring you get what you need, when you need it. Check out our website for a list or ask one of our team members the next time you are in the office.

Flu shots will be available soon, book your appointment to get your snow tires on, and take advantage of the cooler weather to exercise and eat healthy.

On behalf of the Aurora-Newmarket Family Health Team, I wish you a very happy Thanksgiving and a spooky Halloween!

"Always be a little kinder than necessary." - James M. Barrie.

Mary-Jane Rodgers

02 Classroom
Friendly ADHD
Ideas

03 Mental Health
Programs

Classroom Friendly ADHD Ideas

Shani Viner,
Registered Occupational Therapist

With the start of the new school year, there tends to be a surge of worried parents wanting their child to be assessed for ADHD. ADHD is one of the most common neuro developmental disorders in Canada, affecting 4-6% of adults and 5-7% of children. While medication management is an effective intervention for some children, there are other non-medicinal ways to help manage the symptoms.

For example, a recent study found that children diagnosed with ADHD had improved concentration and problem solving on days when they were more physically active compared to days when they were more sedentary. While it is not feasible to expect the math teacher to go on a run with the student during class (although that would have been helpful), there are a number of simple strategies that could be implemented in the classroom to help improve focus. Here are some ideas:

- Integrating physical activity as part of the day, either in the morning before school, or during breaks. In collaboration with the teacher, it is also helpful to create opportunities for children to move around during class (get a drink of water, go for a short walk around the hall).
- Allowing the child to use their hands during class. For example, using a fidget toy or doodling, can help to shift the child's focus. If drawing or doodling feels too distracting, consider colouring instead. Another strategy is to touch items with different textures. Things like sandpaper may help resettle the mind. A "sensory box" could be created for the child to bring to school.
- There is a simple trick that school therapists and teachers use for children who have trouble sitting still. It is to put a "Thera Band" stretched around the legs of a chair, for the student to push on while sitting in their chair. It can help a child who has to be moving while sitting at their desk doing work. The child could also try sitting on a bouncy ball to increase movement.

For an assessment and a more personally tailored intervention, contact our office to schedule an appointment with our Occupational Therapist.





Each year, the Aurora-Newmarket Family Health Team attends the AFHTO conference. This conference gives our team the opportunity to shine a light on our programs and services. This year, our focus is our mental health programs; Adult ADHD Program, Cognitive Behaviour Therapy (CBT) Program and Caring for the Caregiver.

Across the province, there is a growing need for increased mental health services and supports. Patients lack access to services to address needs such as adult ADHD symptoms, caregiver burnout, depression and anxiety.

Our primary care goal is to provide time efficient and patient centered care to patients, that is accessible and comprehensive.

Our vision is to utilize the inter-health professional resources, to continue developing programs that will address mental health concerns and close the gaps in services that our health care system faces.

By offering patients the opportunity to participate in our programs and groups, we hope to see:

- an increase in their understanding of their diagnosis,
- the use of specific tools and resources to manage their symptoms and,
- quantitative and qualitative evidence of symptom reduction following their participation in the program of their choosing.

If you are interested in learning more about these programs, please contact our office to schedule an appointment with our Occupational Therapist.



Follow us on Instagram
@auroranewmarketfht



Visit
our
Website