

## Take Action: "Healthy Tips for a Healthier Life"

- \* Bring to your medical appointments a list of all medicines, supplements and herbal or holistic products you use
- \* Take your prescribed medications as recommended by your medical provider
- \* Bring all your questions to your medical appointments
- \* Tell your medical provider how you feel and how it affects your life
- \* Ask your medical provider about things you do not understand
- \* Help your medical provider create a care action plan and track your progress
- \* Inform your medical provider if you recently received care somewhere else
- \* Ask for support services when necessary

**Remember it is important to be a champion when managing your health care needs.**

Be a partner in your care!

- \* *Talk to us*
- \* *Take care of yourself*
- \* *Learn before you decide*
- \* *Be safe*



### **San Luis:**

815 East Juan Sanchez Blvd  
(928) 627-3822 Ext. 1333

### **Somerton**

115 North Somerton Avenue  
(928) 627-2051 Ext. 1216

### **Yuma**

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### **North Yuma**

675 South Avenue B  
(928) 539-3140 Ext. 1713

### **Wellton**

10425 Williams Street  
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### **Website:**

[SunsetCommunityHealthCenter.org](http://SunsetCommunityHealthCenter.org)



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# COMMUNITY HEALTH WORKER

## **H O P E** Program:

**\*Health \*Outreach \*Promotion \*Education**



# SUNSET COMMUNITY HEALTH CENTER

**Committed to Helping:  
"Build Healthier Communities"**



# H O P E Program: \*Health \*Outreach \*Promotion \*Education

A Community Health Worker (CHW) is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served. This trusting relationship enables the CHW to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

A CHW also builds individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, case management, informal counseling, social support and advocacy.

## ***What is the Role of the CHW?***

- To improve the quality of life of those we serve by providing health education services
- To assist patients to manage and understand their chronic disease condition
- To coordinate services with multiple community organizations to help improve the quality of life of individuals and their family
- To raise public awareness on areas most affected by our community

## ***What is the goal of the CHW?***

- To fulfill some of the patient's social needs by partnering and working together with multiple community organizations
- For families to incorporate simple life style changes in their life
- To assist patients to navigate the health care system
- To improve the health levels recommended by the medical provider

## ***How can a CHW help you and your family?***

- By providing important educational tools and information about your chronic condition
- By guiding you on how to better manage and control your chronic disease by making simple lifestyle changes
- By working closely with your medical provider in your care coordination plan
- By providing you with information on different community programs and resources that may improve your quality of life.

For example:

- \* One on one health education
- \* Educational group sessions
- \* Scheduling of a medical appointment
- \* Eligibility and enrollment services
- \* Transportation services
- \* Medication assistance
- \* Interpretation and translation assistance

## **Dedication and Commitment: "Customer Driven Care"**

A CHW can help you and your family understand and cope with your chronic condition and improve your health knowledge by providing guidance, understanding and education on the following topics:

- \* Diabetes and gestational diabetes self-management
- \* Healthy nutritional choices
- \* Weight management
- \* Asthma self-care and control
- \* Smoking cessation
- \* Hypertension education and understanding
- \* Cardiovascular disease prevention

## **Community Engagement: "Building Healthier and Stronger Communities"**

The CHW's active participation and community engagement enables them to fulfill some of the gaps that currently exist in our community.

The CHW actively participates during community events, health and educational fairs, community presentations and health promotional campaigns. During these outreach activities.

The CHW is able to facilitate preventive health screenings, information and referral services that can ultimately improve your quality of life.

