



STEP 4: ADVOCATE



Helping your patients on an individual basis is a great start to creating a healthier community. But, sometimes there isn't a strong enough support network and patients find themselves back in the same unhealthy living conditions. Yet you can advocate to strengthen these networks and encourage the community to do more for its residents.

This can be achieved by involving the leaders of the community, from government officials and religious leaders to business owners and charitable organisations. Help identify champions within the community who can aid you in building better and healthier environments for your patients.

HOW TO INFLUENCE CHANGE:

- ➔ Get involved in local community development
- ➔ Start talking with influential people and community leaders
- ➔ Raise awareness on how social conditions are harming your patients
- ➔ Partner with local support resources and advocacy groups
- ➔ Join intersectoral committees to find shared solutions to local problems
- ➔ Use case studies and success stories to help motivate change
- ➔ Be part of a larger social movement to create supportive environments for health

Ohun Èlò Irinsé CLEAR

Kíkó àwọn òsìsẹ̀ ilera iwájú láti bèèrè nípa àti láti sisẹ̀ lórí àwọn okùnfà awùjọ tí ó nfa àisàn

Ìdì òhún èlò irinsé yí ni láti fún àwọn òsìsẹ̀ ilera ní agbára àti láti kọ wọn bí wọn se lè dojú kọ àwọn okùnfà àisàn tó je mó awùjọ

Nígbàtí iwo bá ntójú àwọn aláìsàn, iwo yíò rí irú ààrùn kan náà tí ó n jeyo lóòrèkòòrè nínú ilú. Dípò kí o kàn pèsè àtúnse ránpé, kí ni à lè se láti dènà irú ààrùn bée ní ìbèèrè pèpè?

Púpò nínú àwọn isòro ilera ló ní irú okùnfà kan náà tó tan mó Igbésí aiyé ojojúmó àti àwọn àyídáayidà ní ilé pèlú òsì, ebi, ipínyà, iwà ipá àti iyàsótó

Lílo ilànà Igbésè mérin nínú ohun èlò irinsé yí yóó se iránlówó láti se idánimò àwọn okùnfà àwọn okùnfà àwọn ààrùn tí ó n tójú nígbàgbogbo. Iwo àti àwọn alábasísépò re le sise pò láti so agbègbè yín dì ibi tí ó dára tí ó sì ní ilera nípa bíbèrè àti sísisẹ̀ lórí àwọn orisun okùnfà àisàn tó nise pèlú awùjọ

- 1 Tójú
- 2 Bèèrè
- 3 Şe Atọka
- 4 Şe Alágbàwí



STEP 1: Tójú

Dájúdájú, ipá akókó re ni láti tójú atí se iké fún àwọn aláìsàn. Láìfikítà, bí o se n tójú aláìsàn, ó ní àwọn ìbèèrè tí o lè bèèrè lówo won. Àwọn wònyí yíò ran iwo àti àwọn elegbèè re láti ní àrídájú idí tí a se n rí irú ààrùn kan náà àti nnkan tí a lè se láti dékun ifarahàn won. Ní kété tí o tì bèèrè àwọn ìbèèrè yí, o lè tóka àwọn aláìsàn yí lo sí àwọn ibi tí ó ye àti àwọn èyàn lágbègbè re kí wón lè rí àtílẹ̀yìn tí wón nílo

O lè rò wípé àwọn okùnfà àisàn n fa ijayà àti pe ó sòro láti gbámú, sùgbón o kò ní láti dánìkan yanjú gbogbo àwọn isòro wònyí. Lílo ohun èlò irinsé yí yóò ràn ó lówó láti so àwọn aláìsàn tí ò n tójú pò mó àwọn oluwádí bí tí re fún àfikún iránwó àti àtílẹ̀yìn

Rántí láti:

- Fetísílè, kí o sì gbó
- Fún ni lówò, kí o sì ní itara
- Lójú àánú àti òye
- Se alágbekèle àti aláàbò
- Ní ìrònú òrò náà lápapò
- Jé olóyàyà, kí o sì finú hàn
- Mò nípa àsà àjogúnba
- Ní ifaradà ohun tí o lè gbó





STEP 2: ASK

Asking the right questions in the right way will help you identify underlying problems in order to refer your patients to the right place. Remember that many patients may be frightened and overwhelmed by their situation and may not know where to even begin to find help.

When you ask questions, asking them in a respectful and friendly manner is more likely to get helpful clear answers. Ensure you ask in a safe and secure environment as this will enable the patient to answer more openly.

EXAMPLE QUESTIONS:

Do household members have stable work with safe working conditions?

Who cares for your children while household members are working?

Are school-aged children able to regularly attend school?

Is there always enough to eat at home?

Do you and your family have a safe and clean place to sleep?

Do you feel safe at home?

Do you have any concerns about your children's safety?

Do you ever feel pressured, bullied or intimidated?

Do you have friends or family to depend on in times of need?



EMPLOYMENT



CHILDCARE



EDUCATION



NUTRITION



HOUSING



DOMESTIC VIOLENCE



CHILD MALTREATMENT



DISCRIMINATION



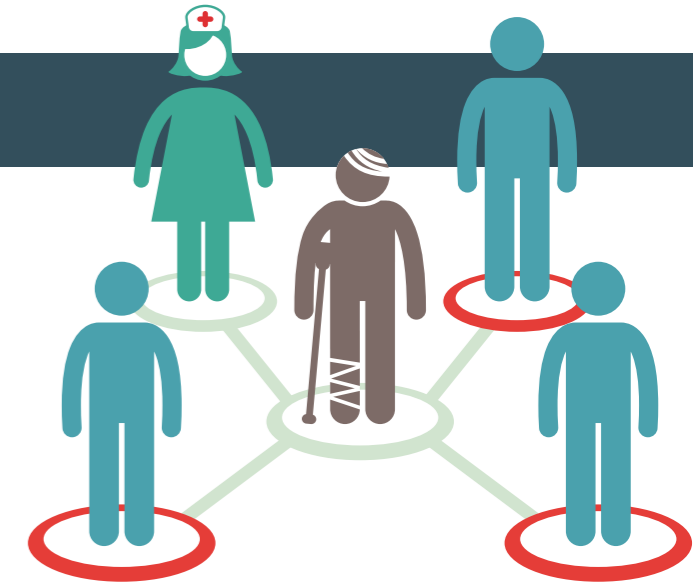
ISOLATION



STEP 3: REFER

After you have provided patients with initial treatment, and have been able to ask them about their circumstances, you will have a better idea of the challenges that they face.

Some of these challenges may seem insurmountable, but you are not alone in helping to solve their problems. You are in an ideal position to refer your patients to local resources and support networks, that they may not be aware of and that could help them improve their life circumstances.



EXAMPLE REFERRALS:



Job centre, employment skills retraining, apprenticeship program.



Child care cooperatives, early childhood development programs, neighborhood-run daycares



School boards, ministry of education office, child rights agencies



Food banks, soup kitchens, community gardens



Housing rights advocacy groups, rental board



Women's shelters, women's support groups, telephone hotline for victims of domestic violence



Youth protection services, police department, public curator's office



Legal aid clinics, human rights organizations, cultural community support groups



Support groups, religious organizations, neighborhood networks