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For children and youth with neuromuscular disorders and their families, this innovative partnership is valuable as there are many challenging medical and non medical decisions that must be made over a person's health-care journey



Contact Us

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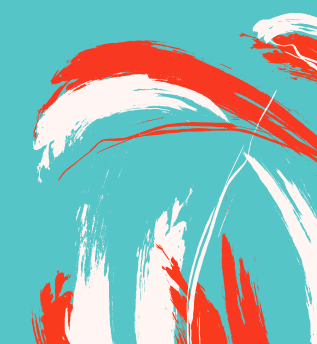
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Shared Decision Making & System Navigation

At the heart of person- and family-centred care



ABOUT SHARED DECISION MAKING

Shared Decision Making brings together children, youth affected by a neuromuscular disorder, their family members and their health care professionals during key decision points of the patient's journey.

Supported by a **Decision Coach** outside the traditional circle of care, the process helps:

Patients and their caregivers understand the risk, harm and benefits of key medical decisions such as:

- Medication options
- Surgical options
- Aggressive treatments
- Screening and diagnostic testing
- Medical devices
- Developmental transitions
- Clinical trials
- Intensity and plan of care



*Access the right resources at
the right time*

HOW TO ACCESS SUPPORT

Connect with your Service Specialist and they can assist you system navigation and with the referral process for the Shared Decision Making program.

muscle.ca/access-help

Please Note:

Shared Decision Making coaching is currently open to Ontario-based MDC clients up to age 18 and their parents and caregivers via Ontario Telemedicine Network (OTN) Technology.

www.lhsc.on.ca/shared-decision-making

ABOUT SYSTEM NAVIGATION

System Navigation offered by Muscular Dystrophy Canada (MDC) provides one to one direct supports to children, youth, adults with neuromuscular disorders and their family members with non-medical needs.

Supported by a **Service Specialist (System Navigator)** outside the traditional circle of care, the process helps:

Clients have access to:

- Equipment and assistive technology
- Navigating complicated systems (e.g., transportation, housing, employment)
- Providing education and information
- Making connections (e.g., network meetings and retreats/camps)
- Working in partnership to address barriers and sharing resources
- Assisting with completing application forms and processes
- Enhancement of life skills and self-coping strategies
- Inclusion and celebrating different abilities (e.g., Muscle Facts presentation)
- Influencing positive change(e.g., individual advocacy)