

What is Healthy Futures?

HEALTHY FUTURES is a non-profit community-based organization that works with individuals, families, and communities to promote health through education and prevention of illness and injury.

Our Registered Nurse Health Advocates work as Care Managers with individuals regardless of their age or health status, to help them improve or maintain their health and well being.

Healthy Futures is different from other health organizations in a number of ways:

- ❖ Health Advocates partner with you in your efforts to adopt a Healthier lifestyle.
- ❖ Health Advocates educate inspire, motivate and empower individuals and families to change behaviors and embrace health.
- ❖ Health Advocates teach prevention and self management of chronic disease and other illnesses.
- ❖ Healthy Futures works closely with community based health coalitions and agencies connecting individuals and communities with resources.

What is the role of

the Health Advocate?

Using convenient methods of communication: home visits, phone, mail, e-mail, Health Advocates are available to all HEALTHY FUTURES participants:

- ❖ A resource for individuals and families on health and wellness issues, providing services and support in homes. Tips on diet, exercise, nutrition, etc.
- ❖ Work in partnership with individuals and their Primary Care Physician, other providers, agencies and organizations.
- ❖ Link individuals and families to services and resources that are appropriate for their needs.
- ❖ Be a resource to local health coalitions and other community-based organizations, supporting local efforts to improve health and well being within the community.
- ❖ Offer **FREE** Blood Pressure screenings and Health Risk Assessments.



Each Health Advocate works as a care manager with a limited number of families which lets the Health Advocate know and understand the health needs of each participant. Health Advocates also work closely with Primary Care Providers (PCP's) and other Health agencies.

Health Advocates can help participants prepare questions to ask their PCP, accompany them on the visit as a support resource, or talk with them after the visit. Healthy Futures can help participants make more informed decisions about their health care and behaviors that influence their health.

Why are Health Advocate services valuable to you and your family?

The saying... "*An ounce of prevention is worth a pound of cure*"... sums it up. People who focus on their health and make wise use of all health care services are generally:

- ❖ Healthier and Happier
- ❖ Have fewer absences from work & school.
- ❖ Have lower medical costs

A Health Advocate can be an effective partner in helping individuals, families and communities achieve their health goals.

Healthy Futures Background

Healthy Futures, incorporated in 1994, began serving participants in 1997. It is currently servicing participants in eight central Maine towns; Winthrop, Wayne, Readfield, Manchester, Monmouth, Mt. Vernon, Fayette and Vienna of Southern Kennebec Valley.

Healthy Futures has a strong and essential community-based component. Health Advocates network with existing community assets such as churches, schools, local businesses, civic and service organizations and volunteers to connect participants with transportation, exercise, support groups and other community resources and activities.

Community Health Coalitions are a valuable resource to the towns and to the Health Advocates. Community members and Healthy Futures, working together to address local needs and issues, can improve health, quality of life, and make the community a better place to live.

Healthy Futures' Board of Directors is made up of individuals from the towns listed above. A physician serves as medical director to the organization, providing guidance and advice to the staff.

Who pays for

Health Advocate Services?

- ❖ Employers
- ❖ Insurers
- ❖ Private Pay
- ❖ Those committed to the health of people

What about confidentiality?

Healthy Futures respects the privacy of all participants. No personal health information will be shared with anyone unless specifically authorized by the participant.

For More Information visit our website:

www.healthyfuturesmaine.org

Healthy Futures Vision

All people, as individuals, as families, and as communities will achieve and maintain their highest possible level of physical, mental, spiritual, social, environmental and economic health.

For more information, please contact:

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Are you concerned about your Health?

Do you have Health questions?

We can help!

**Individuals
Families
and
Communities
Sharing a Vision
of
Health**

377-5377

