

POVERTY INTERVENTIONS TO IMPROVE CHILD HEALTH IN PRINCE ALBERT

2016

USE THIS PRACTICAL TOOL TO HELP ADDRESS CHILD POVERTY IN OUR COMMUNITY!

SCREEN EVERYONE!!!!

"Do you ever have difficulty making ends meet at the end of the month?"

"There is strong and growing evidence that higher social and economic status is associated with better health. In fact, these two factors seem to be the most important determinants of health"- Public Health Agency of Canada

Step One: Screen. Use this tool once a relationship is established.

Poverty is not always apparent.....Poverty is everywhere...Growing up in poverty has been associated with increased adult illness and mortality resulting from: stomach, liver and lung cancer; diabetes; cardiovascular disease, stroke, respiratory diseases, mental health and addictions, unintentional injuries; and homicide.

Step Two: Intervene. Use the Financial Health Checkup to ask simple questions.

Poverty affects health on a gradient: There is no health poverty line. Income negatively affects the health of all but the highest income patients.

Step Three: Refer. Provide the Financial Health Check Up and refer when necessary.

Many organizations in Prince Albert work within our community to support and assist families and individuals. There are family support agencies listed in the Check up and these agencies can also supply referral information to other programs. Encourage your participants to contact these agencies for assistance.



A caring community and a health start for all children

FINANCIAL HEALTH CHECK UP

Information for your Financial Health in Prince Albert and Area

Are you having trouble making ends meet?

Are you receiving all the income you are eligible for?



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Step One - Do you have proper identification?

SASK Birth Certificate - cost \$25.00 - application available at www.ehealthsask.ca

Social Insurance Number - no cost - Service Canada, South Hill Mall or www.servicecanada.gc.ca

SASK Health Card - no cost - 1-800-667-7551 or www.ehealthsask.ca

SGI Picture ID - Any SGI Insurance issuer - cost \$10.00 - requires other ID and proof of address ie: Utility Bill etc.

Treaty Status Card - new or replacement card - no cost Aboriginal Affairs and Northern Development Canada - 306-953-8522, John A McDonald Building, 3601 - 5th Avenue East, Prince Albert

Passport - cost varies - Service Canada, South Hill Mall

Step Two - Do you have a bank account?

A Bank Account is needed in order to receive Government Benefits by Direct Deposit. To open a bank account you need:

- 2 pieces of ID or 1 piece of ID and your identity confirmed by a current customer in good standing. Visit a bank of your choice to discuss their needs. You may need to make an appointment to open an account

Step Three - Have you filed your income tax return? Not filing your income tax results in the withholding of government benefits including the Child Tax Benefit, GST Rebate, OAS, and the Universal Child Benefit.

In Prince Albert the following organizations are members of the Canada Revenue Agency's Volunteer Income Tax Program and they will prepare your income tax returns, both current and past years, free of charge. Call to book an appointment and find out what information they require:

Family Futures, Inc - 306-763-0760

Indian & Metis Friendship Centre - 306-764-3431

PAGC Urban Services - 306-765-5300

YWCA Newcomers Centre - if you are new to our City from anywhere - 306-765-5300

Step Four - For families with children under 18

SASK Employment Supplement - tax free benefit for SASK residents with a Health Card

SASK Rental Supplement & Disability Rental Supplement

To find out if you qualify call

Client Service Centre

1-888-488-6385

Your family may also receive additional family health benefits if you qualify under the Employment Supplement or Rental Supplement Programs

Step Five - To apply for any of the Social Assistance Programs, including Disability Programs call:

Contact Centre 1-866-221-5200

Employment Insurance and Canada Pension Plan information is available at the Service Centre, South Hill Mall or online at www.servicecanada.gc.ca

Step Six - Do you need assistance to access any of these financial supports? Support programs for families in Prince Albert include:

Early Childhood Intervention Program - Families with children under 5 with developmental delays –
306-922-3427

Family Futures, Inc - Pregnant and Early Postnatal women and their families -
306-763-0760

KidsFirst - Families with children under 5 –
306-765-6656

YWCA Newcomers Centre - for anyone new to Prince Albert - 306-765-2530

211 Saskatchewan - Call or visit 211 on www.sk.211.ca for more services available