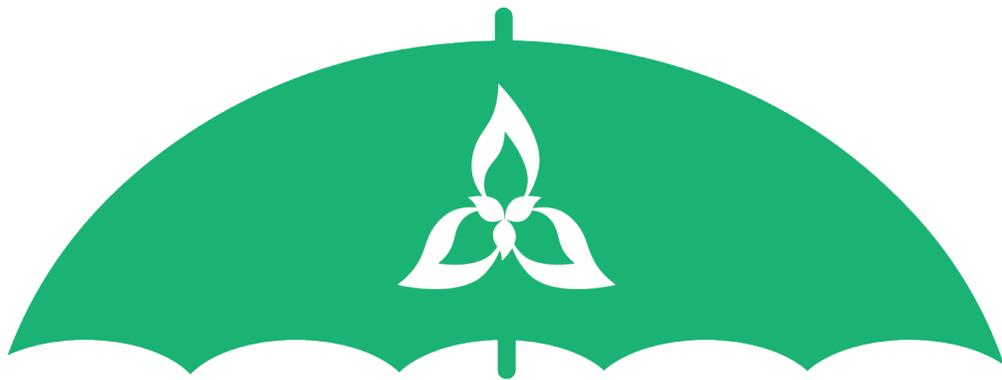


# Know Your Rights!

Access to health care for uninsured and  
precarious status migrants in Hamilton



**OHIP FOR ALL**

Healthier Together



# Know your rights! Accessing Primary Care

WHAT IS PRIMARY CARE ANYWAYS? Primary care is a broad term used in Canada to describe health services provided in the community. This includes diagnosis, treatment and management of health problems, as well as disease prevention and health promotion services. Primary care providers are often an individual's first point of contact with the healthcare system. Primary care is often provided at a Community Health Centre.

#1

*Medically uninsured individuals have the right to access Community Health Centres (CHCs) free of charge and regardless of ability to provide a health card. CHCs can see people without OHIP for doctors appointments, tests, and specialist visits. To find a CHC near you, call 416-236-2539. Here is a list of the CHCs and other primary care providers that serve uninsured clients in Hamilton:*

## **Hamilton Urban Core CHC**

[www.hucchc.com](http://www.hucchc.com)

*71 Rebecca Street*

Mon 9-5, Tues 9-8, Weds 12:30-5, Thurs 9-8.

Also open on the 3rd Friday (9-5) and Saturday (9-1) of every month.

Call 905-522-3233 to make an appointment

## **North Hamilton CHC**

[www.nhchc.ca](http://www.nhchc.ca)

*438 Hughson Street North*

Mon 8-5, Tues-Thurs 8-8, Fri 8-4.

Call 905-523-6611 to make an appointment

## **Centre de Santé Communautaire**

[www.cschn.ca](http://www.cschn.ca)

**For French-speaking clients**

*1320 Barton Street East*

Mon, Weds, Thurs, Fri 9-4 and Tues 9-8.

Walk-in or by appointment (call 905-528-0163 to make an appointment)

## **Refuge: Hamilton Centre for Newcomer Health**

[www.newcomerhealth.ca](http://www.newcomerhealth.ca)

**For newcomers to Hamilton**

*183 Hughson Street*

Lower Level. Mon-Fri 9-4:30.

Call 905-526-0000 to make an appointment

## **Shelter Health Network**

[www.shelterhealthnetwork.ca](http://www.shelterhealthnetwork.ca)

**For clients who do not have stable housing**

*Various locations across Hamilton*

Visit [www.shelterhealthnetwork.ca/?page\\_id=759](http://www.shelterhealthnetwork.ca/?page_id=759) for monthly clinic schedule.

Walk-in or by appointment (call 905-526-7137 to make an appointment)

**#2** Some health centres have budgets set aside for professional interpreters. If you need an interpreter at your appointment, call in advance to see whether interpretation services are available.

**#3** Telehealth Ontario (1-866-797-0000) is a free, confidential telephone service you can call to get health advice or general health information from a registered nurse. You do not need a health insurance number to call nor do you need to provide any personal contact information if you do not want to. It is available 24 hours a day, 7 days a week and offers interpretation support in multiple languages. See [www.health.gov.on.ca/en/public/programs/telehealth/](http://www.health.gov.on.ca/en/public/programs/telehealth/) for more information.

## Know your rights! Sexual Health

Regardless of your immigration status, you can visit a Hamilton Public Health sexual health clinic for:

- Birth control counselling
- Low cost or free birth control
- Free condoms
- Free emergency contraceptive pill (Plan B)
- STI testing and free treatment; HIV testing
- Pregnancy testing, counselling & referral
- Sexuality and relationship counselling
- Free kits for opioid overdose

Visit [www.hamilton.ca/public-health/clinics-services/sexual-health-clinics](http://www.hamilton.ca/public-health/clinics-services/sexual-health-clinics) for details about available services.

**You do not need a referral or OHIP to attend sexual health clinics. The following Hamilton Public Health clinics are open for walk-in clients during the times listed below:**

- 1. Downtown Clinic**  
100 Main Street West, 3rd Floor.  
Weds 4:30-7. 905-528-5894.
- 2. East End (Stoney Creek) Clinic**  
247 Centennial Parkway North, Unit 8.  
Mon 12:30-4, Thurs 3-6. 905-546-3750.
- 3. Mountain Clinic**  
891 Upper James Street, Unit 106A.  
Mon 3-6, Weds 12:30-4. 905-546-3274.
- 4. Waterdown Clinic**  
315 Dundas Street East, 2nd Floor.  
Tues 3-6. 905-528-5894.

\*Note: Clients must register 15 minutes before the clinics close in order to be seen.

Hamilton's Sexual Health Information phone line (905-528-5894 Mon-Fri 8:30-4:30) provides free information and counselling about sexual health issues.

**The SACHA Sexual Assault Centre supports all victims of sexual violence (including sexual assault, childhood sexual abuse or sexual harassment):**

- 75 MacNab Street South  
Mon-Fri 9-5. Walk-in or by appointment (call 905-525-4573 to make an appointment)
- \*24-hour support line: 905-525-4162
- Visit [www.sacha.ca](http://www.sacha.ca) for more information.

**The AIDS and Sexual Health Infoline can be reached toll-free at 1-800-668-2437 They are a province-wide, free and anonymous service staffed by professional, multidisciplinary and multicultural counsellors who offer assistance in different languages. They offer information on:**

- HIV/AIDS (pre-test and post-test options; information and referral to point of care HIV rapid test sites province-wide)
- STIs and safer sex activities
- Birth control options
- Emergency contraception
- Sexuality and relationship concerns
- Pregnancy and options
- Sexual orientation
- Issues related to harm reduction, including needle exchange and drug use programs
- Referral to appropriate clinics and community agencies

All residents of Hamilton, regardless of immigration status, are entitled to Hamilton Public Health Services (PHS). Many programs, services and materials are available in multiple languages. Visit [www.hamilton.ca/public-health](http://www.hamilton.ca/public-health) for up-to-date information on available services.

### Programs for Children & Pregnant Women

- **Health Connections Phone Line:** 905-546-3550 (Mon-Fri 8:30-4:30). Free phone support for pregnant parents and families with children under 6 on topics such as pregnancy, breastfeeding, safety, nutrition, postpartum depression and programs and services in Hamilton.
- **Healthy Babies Healthy Children:** Free educational home visits to support child development and link families to community resources. Interpretation available. Call 905-546-3550 for more information.
- **Hamilton Prenatal Nutrition Project:** Free educational support groups for pregnant women. Child-minding, bus tickets and grocery gift cards are provided. Visit [www.hamilton.ca/prenatalgroups](http://www.hamilton.ca/prenatalgroups) or call 905-546-3550 for more information.
- **Nutrition Sessions for Babies & Children:** Free nutrition sessions on feeding babies and children. Visit [www.hamilton.ca/public-health/clinics-services/feeding-your-baby-children](http://www.hamilton.ca/public-health/clinics-services/feeding-your-baby-children) for information on how to register.

### Dental Services

The City of Hamilton offers free dental care for residents who have a low income and do not have dental insurance. Services include -

- **The Dental Health Bus:** Drop-in; see [www.hamilton.ca/public-health/clinics-services/dental-health-bus](http://www.hamilton.ca/public-health/clinics-services/dental-health-bus) for bus schedule.
- **PHS Dental Clinic:** For adults meeting certain criteria (application required); visit [www.hamilton.ca/public-health/clinics-services/public-health-services-dental-clinic](http://www.hamilton.ca/public-health/clinics-services/public-health-services-dental-clinic) or call 905-546-2424 x3789 for more information, including details on how to apply.
- **Children's Preventive Dental Clinic:** By appointment; visit [www.hamilton.ca/public-health/clinics-services/public-health-services-childrens-preventive-dental-clinic](http://www.hamilton.ca/public-health/clinics-services/public-health-services-childrens-preventive-dental-clinic) for more information, call 905-546-2424 x3566 to make an appointment.

Information about other free or low cost dental services can be found at [www.hamilton.ca/public-health/clinics-services/free-or-low-cost-dental-programs-hamilton-residents](http://www.hamilton.ca/public-health/clinics-services/free-or-low-cost-dental-programs-hamilton-residents).

### Vaccinations

For information about vaccinations, to report vaccinations for children, or to find out where vaccinations can be obtained, call 905-540-5250 or visit [www.hamilton.ca/vaccines](http://www.hamilton.ca/vaccines).

### Harm Reduction Programs

- **Street Health Clinics:** Provide many services such as testing for sexually transmitted infections, needle syringe supplies and overdose prevention kits - *Wesley Centre* (195 Ferguson Avenue North. Mon, Weds, Fri 9-1); *Notre Dame House* (Youth aged 16-21 only. 14 Cannon Street West. Tues 3:30-5:30).
- Other PHS harm reduction services include overdose prevention kits and needle syringe supply/disposal (at fixed sites and via the mobile Van program), and treatment for drug/alcohol problems. Call 905-546-3606 or visit [www.hamilton.ca/public-health/clinics-services/alcohol-drug-and-gambling-clinics-programs](http://www.hamilton.ca/public-health/clinics-services/alcohol-drug-and-gambling-clinics-programs) for more information.
- Further harm reduction services can also be accessed through **CHCs** and the **Shelter Health Network** (see under Primary Care).

### Other Health Services

- **EatRight Ontario:** Call 1-877-510-5102 for free phone support from a registered dietician.
- **Bed bugs:** If you live in rental housing, report the bed bugs to your landlord, as he/she is responsible for providing pest control services. Call PHS (905-546-2489) for questions or if your landlord refuses to have the pests treated by a licensed pest control operator.
- **Head Lice Bug Buster Clinics:** Provide free head lice services for children and their families. Call 905-546-2489 for more information.
- **Quitting smoking:** Hamilton PHS (905-546-2424 x3788, [www.hamilton.ca/public-health/clinics-services/quitting-smoking-clinics-programs](http://www.hamilton.ca/public-health/clinics-services/quitting-smoking-clinics-programs)) provides free support and nicotine replacement therapy for smokers. The Canadian Cancer Society Smokers' Helpline (1-877-513-5333) also provides free phone support for people hoping to quit smoking (interpretation available).

# Know your rights! Uninsured in Pregnancy

*Midwifery care is free (no cost) for any woman who is a resident of Ontario. It does not matter what your legal immigration status is, as long as you are a resident of Ontario.*

There are four midwifery groups in Hamilton: **The Hamilton Midwives** (905-527-8919), **Community Midwives of Hamilton** (905-546-5444), **Access Midwives** (905-546-5002) and **Mountain Midwifery Care** (905-296-3665).

- Midwives can care for women and order all the tests in a healthy, normal pregnancy – but pregnant women need to pay for these tests.
- Midwives in Ontario offer both home and hospital birth to their clients – if you have your baby in hospital, you need to pay the hospital fee. Different hospitals in the city charge different rates for uninsured patients. You might want to call a few hospitals to find out which ones have cheaper rates.
- Research has shown that homebirth with a midwife is a very safe option for low-risk women (women with no health problems, or pregnancy related concerns).
- There are NO costs to having your baby at home with a midwife and research shows that women and babies who have a normal pregnancy are just as healthy with home birth with a midwife in Canada as they are if they give birth in the hospital.

In addition to midwives, clients can go to **CHCs** to get care while they are pregnant (see above under Primary Care).

When you are actually in labour or have another medical emergency, the hospital or doctor cannot refuse to care for you, even if you do not have any money. The hospital and doctor will bill you for the care they provide, but they will still provide you with the care you need in an emergency.

- As above, the hospital may take you to a collection agency to collect the fees you owe them for any amount of time you stayed in the hospital. If they take you to a collection agency, this can affect your credit rating and ability to get a loan in the future
- Most hospitals will let you pay them in small amounts (even \$50 a month) instead of taking you to a collection agency – sometimes it is better to try to work this out with the hospital finance department instead of waiting until they go to a collection agency.
- Many hospitals will not end up making you pay the full fee if they see that you can even pay part of it (e.g. half the fee). Doctors are unlikely to take you to a collection agency to collect their fee.

**Canadian-born children to uninsured mothers have full access to OHIP and are eligible to receive a health insurance card.**

Even if your baby needs to stay in the hospital because it is sick, you might not have to stay in the hospital as a patient if you are healthy - this can save you costs of having to stay in the hospital.

Many hospitals have 'sleeping rooms' where parents can stay for one or two days if their baby is in the nursery. These sleeping rooms mean you are not a patient, but you can stay to help care for your baby (e.g. breastfeed). If you stay in a sleeping room, you do not need to pay. You can only stay in the sleeping room for 1 or 2 days if it is free. If your baby needs to stay in the hospital you might not be able to stay.

# Know your rights! Emergency Medical Care

- #1 **You cannot be refused emergency medical care** based on your ability to provide a healthcard. You will however be billed by the hospital. Rates for uninsured clients vary at different hospitals.
- #2 All hospitals in Ontario should have access to interpretation services via telephone. However, not all healthcare providers will be knowledgeable about how to access such services. If you require interpretation services, ask your healthcare provider about telephone interpretation services.
- #3 Even if you don't receive a bill at the time of your discharge from hospital, you may be sent a bill in the mail. Many hospitals have an equity/diversity office. Ask to speak with them as they may be able to help you negotiate payment in installments with the hospital's finance department. Ask them to bill you as a medically uninsured "Ontario resident" as opposed to a medically uninsured traveller. Hospitals are not required to do this, but they may oblige if you ask.
- #4 Hospitals may take you to a collection agency if you are unable to pay for your hospital fees. In many cases, it is better to try to negotiate payment of some portion of the fees than to wait for a bill to be sent to you that will go unpaid and subsequently will be followed up by a collection agency. Again, if they take you to a collection agency it may affect your credit rating and your ability to apply for loans, a credit card, a cellular phone etc. in the future.



## Disclaimer:

Every effort has been made to verify the content in this handbook. However, service provision is dynamic and the content in this book may not always be up-to-date. Call ahead! If you notice an error, please send an e-mail to [ruth.chiu@medportal.ca](mailto:ruth.chiu@medportal.ca).

This handbook was originally created by Health for All Toronto. Its content was adapted to the Hamilton context in July 2017 by OHIP for All, with support from the Hamilton Immigration Partnership Council (HIPC). The KYR for uninsured pregnant women was developed by Manavi Handa, Registered Midwife, Assistant Professor Ryerson University.

To access the province-wide version of the KYR handbook, visit [www.ohipforall.ca](http://www.ohipforall.ca).