

Social Workers are*...

- ✓ **Educated** with university degrees at the bachelors, masters, or doctorate level.
- ✓ **Ethical** and accountable to the BC College of Social Workers:
 - Code of Ethics
 - Standards of Practice
- ✓ **Experienced** in looking at all aspects of a person's life, and working with people in the overall context of their environment.
- ✓ **Effective** in advocating for the services and resources people need, and helping them to find their way through complex or confusing systems.

* Adapted with permission from the BC Association of Social Workers

Social Work Services Contact Information

Your Unit/Floor:

Your Social Worker is:

Office Hours:

Phone number:

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #251836 (March 2020)
To order: patienteduc.fraserhealth.ca



Social Work Services

Acute Care



Image by Gerd Altmann from Pixabay

Helping you manage
the impact of changes in health



People can have many different feelings and concerns about being in the hospital.

Reactions can include:

- concern about changes in health
- confusion about the healthcare system
- worry about finances, work, pets, and/or housing
- sadness through suffering a loss

What is a social worker?

Social workers are health professionals who focus on your health and social well-being.

We help people solve and manage challenges in their everyday lives. We help people living through difficult situations.

One of our goals is to help people develop the skills they need to solve problems on their own. Another is to help connect people to resources in their community that can help them through their everyday lives.

How can a social worker help me and my family?

Changes could be happening in your life that affect both you and your family. We can help in a variety of ways.

We can offer help for you to:

- Emotionally and practically manage your illness or chronic health condition.
- Adjust to changes in your everyday life and living situation.
- Understand and access the services available in your community.
- Transition to a different level of care or place to live.
- Communicate with healthcare providers and those in your support system.
- Make sure the things that are important to you are heard and understood.
- Organize community resources and supports.

Social workers often help people manage:

- financial worries
- personal challenges
- parenting challenges
- housing concerns
- legal processes
- depression
- loneliness and/or isolation
- alcohol and/or substance use
- abusive situations
- death and bereavement

How do I contact a social worker?

If you have any concerns that you would like to talk with someone about:

- Tell your nurse you would like to speak to a social worker.
- Ask at the nursing desk for someone to call a social worker.
- Call the social work contact listed in this pamphlet.