

Case study #1

- (Partner name, Parent1) and (Partner name, Parent2) immigrated to Canada two years ago. It took some time for them to find a place of their own with their two children, (name), 9, and (name), 13 so they stayed in their cousin's basement suite for awhile.
- They eventually found an affordable three bedroom apartment in (city) and were happy to find a couple of grocery stores that suited their needs not too far away.
- (Parent1) is doing shift work as a (job) despite being trained as a (profession). (Parent 2) is in a similar situation but has found a bridging program and expects to begin work as a (profession) in Canada soon. They both work long hours 6 days a week.
- For the last two years they have been going to a drop-in clinic and have had a hard time finding a family doctor. Their youngest child has been having asthma attacks and eczema since moving.
- While figuring out how to enroll (child name, 13) in a public school they found out that (s/he) had missed a vaccination for Hepatitis A and B. They also received a pamphlet about Hepatitis C in (language).
- (Parent 1) and (Parent 2) were not sure if they had ever gotten a vaccine for Hepatitis A and B themselves. (Parent 1) remembers getting some vaccinations as a child from a travelling physician and is worried the needles might have been reused. S/he is thinking about getting tested but doesn't want to jeopardize their ability to work and support their family.

Discussion questions:

- What are the priorities for this person right now?
- What are some key barriers that they are facing to maintaining their health including getting tested?
- What resources could they access?

Case study #2

- (main, name), 33, moved to Canada 1 month ago from (country). Despite having an MA in (profession), which qualified them to immigrate as a skilled worker, they found out that they couldn't work in their field without enrolling in an upgrade course in university for a year.
- (main) didn't pass the language proficiency exam to enroll in the course so while doing shift work as a (job) during the days and weekends to save some money for school. They are also in language classes three nights a week.
- One of the few friends that (main) made at work started noticing that (main) was tired all the time. (friend, name) offered him something in the middle of their shift one day that would "help him stay awake and study". (friend) was one of the few people that (main) had developed a friendship with since they arrived as they had little time outside of work and school. Sometimes they would snort drugs together during their shift and (main) has started to skip sleeping 1 or 2 nights a week.
- (main) noticed that they are feeling more anxious during the day and they have nosebleeds sometimes even with a humidifier running at night.
- (S/he) wakes up feeling very sick one day but doesn't know what he can do for healthcare as he doesn't have an OHIP card yet.

Discussion questions:

- What are the priorities for this person right now?
- What are some key barriers that they are facing to maintaining their health including getting tested?
- What resources could they access?

Case study #3

- (main, name), 45, immigrated to Canada 15 years ago from (country). They were trained as a (skilled trade) and immediately found work as part of a union working for the city of (city name).
- (main) has been happy with their work. With their salary they have been able to sponsor a number of family members over the last decade to join (them). They also had health benefits they could extend to their partner and they started a family while in Canada. They have a (son/daughter), 7.
- Since coming to Canada (s/he) started drinking with some of (their) coworkers after work and at celebrations for completing large projects. (S/he) began having a beer with dinner and a little bit more over the weekend.
- (Their) union supports charity work and events every year and one year there was a blood drive. (Main) is happy to participate as (s/he) had a bad accident while apprenticing many years back and needed a blood transfusion.
- About a month later they received a letter in the mail saying their blood tested positive for hepatitis C antibodies. The letter stated (s/he) would need another test to find out if there is still active virus active in the body. (S/he) doesn't know anything about hepatitis C and goes online to find more information.
- (S/he) isn't sure about where to get tested and feels unable to go to the local clinic because their niece works as one of the administrators there.

Discussion questions:

- What are the priorities for this person right now?
- What are some key barriers that they are facing to maintaining their health including getting tested?
- What resources could they access?