

Care for the Homeless Health Education



The goal of the Care for the Homeless Health Education Program is to provide a wide variety of primary prevention activities and health information to homeless individuals and families. Our program is designed to encourage and support client understanding, motivation and empowerment, and to promote self efficacy and positive health behavior change.

We strive to reach our goals by using a range of methods drawn from the field of health education. Our Health Education outreach strategies engage clients in behavior that will improve and maintain good health and reduce risk factors. Our objectives are to raise awareness, increase knowledge, change attitudes and enhance skills.

Our Health Educators work closely with our social work, case management and medical teams to create a safe environment where clients feel comfortable and are open to positive exchanges. The Health Education Program enhances the provision of health information by coordinating formal group interventions and individual counseling sessions dealing with a range of health topics relevant to our clients' needs.

Our tailored yet flexible approach reaches a cross-section of the homeless population served by our health teams, including single adult men and women, senior citizens, young mothers and fathers, teenagers at risk, drug users, the mentally ill, and others.



Health Educators encourage clients to **LOWER** risk factors in diseases such as:

**hypertension
diabetes
tuberculosis
hepatitis
HIV/AIDS**

Health Educators strive to **INCREASE** health management skills in:

**asthma
pregnancy prevention
smoking cessation
stress management
healthy nutritional choices
daily physical activity
reduction of alcohol use
reduction of drug use**

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