



**Aboriginal Patient Navigators** (APNs) work in hospitals and health centres throughout Interior Health.

APNs are available to support Aboriginal patients and their families during their care.

Whether or not you wish to self-identify as Aboriginal, APNs are here for you. The goal of an APN is to help make your hospital care and journey to wellness safe, comfortable, and less confusing.

APNs are available to support your care journey and make it less stressful for you and your family.

Any member of your care team including your doctor or nurse can refer you to me. You can also request that I am part of your care team at any point during your care.



[www.InteriorHealth.ca](http://www.InteriorHealth.ca)  
Your Health > Aboriginal Health

## ABORIGINAL Patient Navigators



## APNs are available in:

- **Castlegar** (Hospital & Community Based)  
Kootenay Boundary Regional Hospital  
Kootenay Boundary Liaison  
(250) 304-5621 • Tues, Wed, Thurs
- **Cranbrook** (Nation Based)  
East Kootenay Regional Hospital  
(250) 464-1053 • Wed, Thurs, Fri
- **Kamloops** (Hospital Based)  
Royal Inland Hospital  
(250) 319-5420 or (250) 318-0697  
7 days per week (occasional exceptions)
- **Kelowna** (Hospital Based)  
Kelowna General Hospital  
(250) 862-4021 or (250) 801-0466  
7 days per week (occasional exceptions)
- **Oliver & Penticton** (Hospital Based)  
South Okanagan General Hospital  
Penticton Regional Hospital  
(250) 488-1230  
Mon - Fri (excluding Stats)
- **Vernon** (Hospital Based)  
Vernon Jubilee Hospital  
(250) 558-1200 Ext 4130 or (250) 309-9436  
Mon - Fri (excluding Stats)
- **Williams Lake** (Hospital Based)  
Cariboo Memorial Hospital  
(250) 302-3266 or (250) 267-1677  
Days and hours may vary  
(no coverage on Stat holidays)



## APNs are available to:

- offer emotional and cultural support
- create a respectful space and help support the rest of your care team to provide care in a culturally safe way
- be part of your care and discharge planning team
- provide access to spiritual care for you and your family
- connect with your Elder or spiritual care provider to ensure you have access to them during your care
- contact language translation services

If you are interested, the APN can connect with your First Nations band, First Nations Health Authority, your Metis Chartered Community, or the urban Aboriginal organization where you prefer to seek services

Having an Aboriginal Patient Navigator as part of the patient care team creates a safe space for Aboriginal patients to interact with the health system.