

# Care in Hamilton

## Finding Care and Support in Your Community

Managing sickle cell disease often requires ongoing care and coordination. This guide explains how to navigate healthcare in Hamilton so you can get the right support at the right time.

### Your Primary Care Provider

For most people, care begins with a family doctor or nurse practitioner. They provide ongoing monitoring, manage symptoms, and coordinate specialist referrals. If you lack a primary care provider, a community health centre can help connect you with one

### Hospital & Emergency Care

Hospitals treat pain crises, infections, and serious complications. Visit an emergency department if symptoms worsen, pain becomes uncontrollable at home, or you require urgent medical attention. Always bring your medical information to ensure the care team understands your specific needs.

## Additional Support Services

Beyond medical care, you may also be able to access:

### Mental Health Support

### Social Services & Community Programs

### Patient advocacy organizations

These services can improve your quality of life and ease the daily burden of managing a chronic condition.

### Specialist Care

Hematologists and pediatric specialists guide sickle cell treatment, monitor for complications, and provide advanced care. These referrals are typically managed through your primary care provider, ensuring you receive expert guidance tailored to your specific medical needs as you grow.

### Community Health Centres

Community health centres offer vital primary care and are excellent resources if you lack a family doctor. They provide health education, help you navigate care options, and offer social supports to connect you with essential community programs and resources.