

## SUPPORT

Support is likely to be most effective when it is a team effort that includes medical professionals, family and close friends, and the Ostomy NL Visitor. Please request that your family be involved in these visits so that your support team will be knowledgeable with what you are experiencing. No matter what the outcome, most people need support from the time of diagnosis and throughout the rehabilitation process.

## BECOMING A CERTIFIED VISITOR

If you are a member of Ostomy NL and you wish to become a visitor then you should contact your local Chapter. They will put you in contact with the Visitor Coordinator who will discuss the visiting program with you and what the selection of visitor candidates involves. The decision to become a visitor and helping others who share the same bond is very rewarding.



# WOULD YOU LIKE AN OSTOMY VISITOR?

SHARE YOUR CONCERNS  
WITH A TRAINED OSTOMY VISITOR

CONTACT US TODAY:



[infoostomy.nl@gmail.com](mailto:infoostomy.nl@gmail.com)



Ostomy Newfoundland  
& Labrador



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# OSTOMY VISITOR PROGRAM

FOR PEOPLE AND THEIR FAMILIES  
LIVING WITH AN OSTOMY



Live Life To The Fullest!

## WHAT IS THE OSTOMY VISITOR PROGRAM?

The **Ostomy Visitor Program** is to reduce the emotional burden of people who have undergone or will undergo ostomy surgery, so they may return to their former physical, social and economic status. **The PURPOSE** of the Ostomy Visitor Program is to certify members of Ostomy Canada NL as trained ostomy visitors. It is the ultimate objective of the program to make trained ostomy visitors available to people and to their support persons.

## WHERE DOES THIS HELP BEGIN?

It begins with a certified visitor who is a member of Ostomy NL. This visitor is a volunteer calling on someone who has had surgery or is considering it. Visitors are people of all ages and backgrounds; but they all have the common bond of having had intestinal or urinary diversions. Your physician, NSWOC nurse or hospital support team could refer you to a visitor in your area.

## WHO IS A VISITOR?

A visitor is a member of Ostomy NL who has trained to become a certified visitor under the administration of a Visiting Coordinator within Ostomy NL. Referrals will come to the Visitor Coordinator through the hospital staff, physicians, NSWOC nurses and individuals themselves. The visitor comes prepared to share knowledge, positive experiences and be a support.

## TYPES OF VISITS

- Preop and postop visits
- At home visits
- In hospital visits
- Phone and on-line visits
- Temporary ostomy visits
- The patient with a disability
- The patient who is terminally ill
- Child visits and parents of children
- Spouses and Significant Others visits

## WHO SELECTS YOUR VISITOR?

The Visitor Coordinator selects your visitor from a list of trained certified visitors; keeping in mind similar ostomy surgery, age, gender and background. This will be an individual prepared to share positive experiences and knowledge and be a support person over the coming months.

## CONFIDENTIALITY

It is important for you to know that your meeting with an ostomy visitor will be kept confidential as well as any information that you might share.



## WHO DO YOU CONTACT?

You can contact Ostomy NL Provincial office, your local ostomy group.

# 1-709-745-2097

