

Seniors' Health Outreach

Our Seniors' Health Outreach team provides services to you in your own home.

A nurse practitioner or an occupational therapist will inquire about your health and how you are managing your daily activities. Other health professionals (for example, a social worker or pharmacist) may also visit you. Recommendations may be provided to you with the goal of improving your overall quality of life. Your family physician will receive a report and an appointment with our geriatrician will be arranged if required.

Seniors' Health Internal Consult Team

Older adults admitted to Trillium Health Centre can request the services from the Seniors' Health Internal Consult Team. If you are interested in this service, please talk with your health care team as a physician's referral is required for a medical assessment.

Fees

Program services are covered by OHIP.

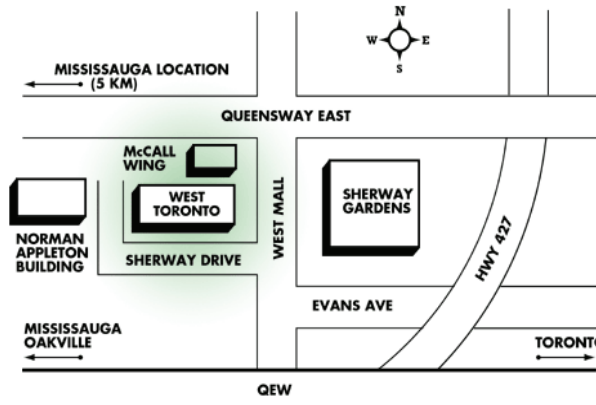
Further Information

For more information about our services, please call 416-521-4090.

Clinics Location

All clinics (Seniors' Health, Continenence and Falls) are located at:
Trillium Health Centre, West Toronto
150 Sherway Drive,
Toronto, Ontario

We are located across from Sherway Gardens Shopping Centre. Please go to the second floor, Medical Clinic.



Your appointment is with:

on _____

at _____

Please provide 48 hours notice if you need to re-schedule your appointment. Call 416-521-4090.

Seniors' Health

Information for Older Adults and their Families

- Seniors' Health Clinics
- Continenence Clinic
- Falls Prevention and Bone Health Program
- Outreach Service
- Internal Consult Team



Seniors' Health Services

Trillium Health Centre offers a variety of Seniors' Health Services:

- **Seniors' Health Clinic**
- **Continance Clinic**
- **Falls Clinic and Program**
- **Outreach (home visit) Services**
- **Seniors' Health Internal Consult Team**

The Seniors' Health program aims to improve your health. Our team includes geriatricians (physicians who specialize in caring for seniors), advanced practice nurses (nurses with specialized education), occupational and physiotherapists (rehabilitation professionals), social worker and pharmacist. We provide the following services:

- **Consultation** (discussion about your health concerns and needs)
- **Assessment** (gathering information on your health history and current situation)
- **Treatment and recommendations** (suggestions may be given to you to help improve your health)
- **Education** (health teaching)
- **Follow up** (future planning for you)



You may benefit from our services if:

We can help if you are 65 years of age or older and require support for:

- Memory
- Bladder and bowel concerns
- Mobility (e.g. walking, wheelchair use)
- Risk of falling or have had falls
- Managing your medication
- Managing your daily activities
- Multiple medical and emotional health needs

You may also benefit from our services if you have had several admissions to the hospital or visits to the emergency or urgent care department.

Be actively involved in your health care.

- Write down questions before you visit and record the answers.
- Bring all your medications to clinic appointments.
- Use your hearing aid, glasses and walking devices when visiting with your health professional.
- Have a family member or friend with you for support.
- Ask for clarification if you have questions about any aspect of your health or the care you receive.

Seniors' Health Clinic

The Seniors' Health Clinic is an outpatient clinic serving older adults who live in the community. If you live at home, a retirement homes or long-term care facility and can come to the clinic for the assessment, you will be seen by a nurse practitioner and/or a geriatrician who will complete your assessment, make recommendations and be in touch with your family physician with the results of your visit.

Continance Clinic

People of all ages experiencing bladder and bowel difficulties (for example, urine loss and constipation) are seen by a specialized nurse. In addition to a physician's referral, you can call and make an appointment at 416-521-4090.

Strong and Steady Program: Falls Prevention/Bone Health

You can participate in this program if you:

- Are at risk for falls or have had falls
- Can walk 25m and learn new information
- Want to stay strong and independent

The program includes:

- An initial assessment at our Seniors' Health Clinic by a nurse practitioner and/or a geriatrician and physiotherapist
- A two-hour education and exercise session, twice a week for six weeks
- A follow-up visit three months after your program completion

A physician's referral is required to attend.