

2020

# Seniors LINCS Program

Seniors Living Independently  
with Community Supports

Supporting seniors and their  
families in Annapolis and  
Kings Counties



Healthy people, healthy  
communities – for generations



[www.nshealth.ca](http://www.nshealth.ca)

## What is the Seniors LINCS Program?

We are a multi-disciplinary team committed to improving the lives of seniors in Annapolis and Kings Counties. We help seniors stay in their homes and communities independently for as long as possible.

Our team members include:

- › Social Worker
- › Occupational Therapist
- › Physiotherapist
- › Dietitian
- › Rehabilitation Assistant
- › Recreation Programmer
- › Geriatrician\*

\*Your family doctor or nurse practitioner (NP) can refer you for an appointment to see a geriatrician at the Geriatric Assessment Clinic.

## What does Seniors LINCS do?

We visit seniors in their homes and may:

- Gather a social and health history
- Test balance and strength
- Check the home and suggest safety improvements
- Prescribe equipment, if needed
- Help solve problems with day-to-day tasks
- Prescribe safe and appropriate exercise
- Give information about and referrals to other programs




## Who is eligible for Seniors LINCS?

You are eligible if you are a senior (65 years old or older) and any of the following apply:

- You've had changes in your health or abilities.
- You are unsteady and/or have had recent falls.
- You are feeling lonely or cut off from people.
- You've had noticeable changes in your memory.
- You want to learn more about programs and services for seniors.

Caregivers with questions or concerns about caring for their loved ones are also welcome.

We will contact other health care providers as needed to help coordinate resources and services.



## How do I get a referral to Seniors LINCS?

Any health care provider can refer you to Seniors LINCS, including:

- › Family Doctor
- › Nurse Practitioner
- › Continuing Care Coordinator
- › Physiotherapist
- › Occupational Therapist
- › Social Worker
- › Pharmacist

**Ask your health care provider about being referred to the Seniors LINCS Program today.**



## Contact:

Seniors LINCS Program  
Soldiers' Memorial Hospital  
P.O. Box 730  
Middleton, NS B0S 1P0  
Phone: 902-825-4421  
Fax: 902-825-3670



### Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.