

2026

Seniors Community Health Team

Visiting older adults in their
homes in Lunenburg and
Queens Counties



Healthy people, healthy
communities – for generations

What is the Seniors Community Health Team (SCHT)?

- We are a team of health care providers dedicated to the health, safety, and well-being of older adults.
- Our team members include:
 - › Social Worker
 - › Registered Nurse
 - › Occupational Therapist
 - › Physiotherapist
 - › Dietitian
 - › Pharmacist
- By visiting older adults in their homes, we:
 - › Help to improve their quality of life
 - › Help them to stay healthy and independent, at home and in their community



What does the SCHAT do?

- We visit you in your home and may:
 - › Take your social and health history
 - › Review your medication(s)
 - › Test your balance and strength
 - › Check your blood pressure
 - › Test your memory
 - › Check your home and suggest ways to make it safer
- We will contact other health care providers to help arrange resources and services, as needed.



Who is eligible for the SCHT?

You are eligible if you are an older adult (65 years old or older) and you have any of the following:

- ☒ You have had changes in your health or your ability to do daily tasks
- ☒ You are on multiple medications
- ☒ You are unsteady and/or have fallen recently
- ☒ You have had changes in your memory
- ☒ You have questions about nutrition and food
- ☒ You want to learn more about programs and services for older adults

If you are under 65 years old and you have any of the above, you may still be eligible.



How do I get a referral to the SCHAT?

- Any health care provider can refer you to the SCHAT, including:
 - › Primary health care provider (family doctor or nurse practitioner)
 - › Continuing Care Coordinator
 - › Occupational Therapist
 - › Physiotherapist
 - › Pharmacist
- Ask your health care provider about being referred to the SCHAT today.



Contact

Seniors Community Health Team
Fishermen's Memorial Hospital
14 High Street
Lunenburg, NS B0J 2C0

- › Phone: 902-634-7015
- › Hours: 8:30 a.m. to 4 p.m.,
Monday to Friday

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Connect with a registered nurse in Nova Scotia
any time:

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

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