

2019

# Seniors Community Health Team

Visiting seniors in their  
homes in Lunenburg and  
Queens Counties



Healthy people, healthy  
communities – for generations



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

## What is the Seniors Community Health Team?

We are a team of health care professionals dedicated to the health, safety, and well-being of seniors.

Our Team members include:

- › Social Worker
- › Registered Nurse
- › Occupational Therapist
- › Physiotherapist
- › Dietitian
- › Pharmacist

By visiting seniors in their homes, we:

- Help to improve seniors' quality of life.
- Help seniors to stay healthy and independent at home and in the community.



## What does the Seniors Community Health Team do?

We visit seniors in their homes and may:


- Gather a social and health history
- Review medications
- Test balance and strength
- Measure blood pressure
- Test memory skills
- Check the home and suggest safety improvements

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



## Who is eligible for the Seniors Community Health Team?

You are eligible if you are a senior and any of the following apply:

- You've had changes in your health or abilities.
  - You are on multiple medications.
  - You are unsteady and/or have had recent falls.
  - You've had noticeable changes in your memory.
  - You have questions about nutrition and food.
  - You want to learn more about programs and services for seniors.
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# How do I get a referral to the Seniors Community Health Team?

Any health care professional can refer you to the Seniors Community Health Team, including:

- › Family doctor
- › Nurse Practitioner
- › Continuing Care Coordinator
- › Physiotherapist
- › Occupational Therapist
- › Pharmacist

Ask your health care provider about being referred to the Seniors Community Health Team today.



## Contact:

Seniors Community Health Team  
Fishermen's Memorial Hospital  
14 High Street  
Lunenburg, NS B0J 2C0  
Phone: 902-634-7015  
Hours: Monday to Friday  
8:30 a.m.–4:30 p.m.

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

*Prepared by: Seniors Community Health Team,  
Fishermen's Memorial Hospital*

*Designed by: NSHA Library Services*

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