

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

*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.

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Seniors Community Health Team

Visiting seniors in their homes in Lunenburg and Queens Counties



Healthy people, healthy communities – for generations

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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.