

2023

Seniors Community Health Team

Visiting seniors in their
homes in Lunenburg and
Queens Counties



Healthy people, healthy
communities – for generations

What is the Seniors Community Health Team?

- We are a team of health care providers dedicated to the health, safety, and wellbeing 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 their quality of life.
 - › help them to stay healthy and independent, at home and in the community.



What does the Seniors Community Health Team 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 skills
 - › 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 Seniors Community Health Team?

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

- You have had changes in your health or ability to do daily tasks.
- You are taking more than one medication.
- You are not steady when walking and/or have had a recent fall(s).
- You have noticed changes in your memory.
- You have questions about nutrition and food.
- You want to learn more about programs and services for seniors.

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



How do I get a referral to the Seniors Community Health Team?

- Any health care provider can refer you to the Seniors Community Health Team, including:
 - › Primary health care provider (family doctor or 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. to 4:30 p.m.

Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

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>

*Nova Scotia Health promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

www.nshealth.ca

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

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