

Seniors' Care Team

What is the Seniors' Care Team?

- We are a team of health care providers who work together in the Emergency Department (E.D.) to help older adults (65 years old or older) who may be living with frailty.
- **Frailty** is a medical condition that can make everyday tasks more difficult and recovering from even a minor illness harder.
- The team may include:
 - › Nurses
 - › Continuing Care coordinators
 - › Exercise physiologists
 - › Occupational therapists
 - › Pharmacists
 - › Physiotherapists
 - › Recreation therapists
 - › Social workers
- Our goal is to make a plan to help you return home as soon as you are medically able.

What does the Seniors' Care Team do?

- Our team will work with you to:
 - › Review your health and medications.
 - › Support your recovery and help prevent complications.
 - › Coordinate care with you, your support persons, and your health care providers.

What can I do to help?

- Tell us as much as you can about your health.
- Give us a list of all your medications (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements).
- Tell us about your daily activities and what is important to you.
- Include your support persons in plans for your care.
- Ask any questions you may have. We are here to help you.

What will happen when I leave the Emergency Department?

- Before you leave the Emergency Department, we will set you up with the services and equipment that are right for you, if needed, and give you information about local programs in your community.
- After you leave the Emergency Department, a member of the Seniors' Care Team will call to ask how you are doing and find out if a home visit is needed.

For more information:

› Phone: _____

Notes:

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.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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