What will happen at the visit?

Depending on your health care needs, the paramedics may:

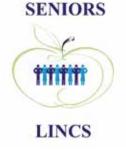
- check your blood pressure and heart rate.
- > check your blood sugar.
- ask about or check for shortness of breath.
- ask to see your medications and if you are having any trouble taking them.
- ask for a tour of your home to complete a safety inspection.



Contact:

Seniors LINCS Program Soldiers' Memorial Hospital P.O. Box 730 Middleton, NS BOS 1P0 Phone: 902-825-4421

Fax: 902-825-3670



Looking for more health information?

Find this pamphlet and all our patient resources here:
 http://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

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



VISIT Program

<u>V</u>itals, <u>I</u>nterview, <u>S</u>afety, <u>I</u>nspection, and <u>T</u>reatment



Healthy people, healthy communities – for generations





The VISIT Program is a partnership between Seniors LINCS and Emergency Health Services (EHS) to provide in-home primary care to seniors living in the Annapolis Valley area.

What is the Seniors LINCS Program?

We are a multi-disciplinary team committed to improving the lives of seniors in Annapolis and Kings Counties. We help seniors stay in their homes and communities independently for as long as possible.

What is the purpose of the VISIT Program?

 The purpose of the VISIT program is to help manage chronic health conditions, improve your independence, and stay safe at home.

- Paramedics will visit your home to check your health. They will perform a home inspection to find possible risks that could cause accidents or injuries.
- These home visits help to lower the number of injuries or falls, and help you monitor and manage your health conditions.

Who is eligible for the VISIT Program?

You are eligible if you are a senior (65 years old or older) and have the following health care needs:

- Chronic ObstructivePulmonary Disease (COPD)
- ☑ Congestive heart failure
- **☑** Diabetes
- ☑ At risk of falling

You must also live in the Annapolis Valley area between Annapolis Royal and Cambridge.

How do I get a referral to the VISIT Program?

- A health care provider (like your doctor or nurse practitioner) must complete a Seniors LINCS referral form and check off the option for the VISIT Program.
- A member of the Seniors
 LINCS team will call you to
 talk about your referral and
 any specific health care needs
 you may have. They will also
 work with you to schedule
 an appointment for the
 paramedics to visit your home.



