

## 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:**  
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Soldiers' Memorial Hospital  
P.O. Box 730  
Middleton, NS B0S 1P0  
Phone: 902-825-4421  
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Call 811 or visit <https://811.novascotia.ca>  
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The information in this pamphlet is to be updated every 3 years or as needed.

2021

# VISIT Program

**Vitals, Interview, Safety,  
Inspection, and Treatment**



**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 Obstructive Pulmonary Disease (COPD)
- Congestive heart failure
- Trouble taking medications as prescribed
- 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.

