

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>

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Designed by: Nova Scotia Health Library Services

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



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.