

REGIONAL* CONTINENCE CLINIC

If you are experiencing bladder and/or bowel difficulties (for example, urine loss or constipation), you can be seen by a nurse with special training. You or your physician can request an appointment at the clinic.

REGIONAL* SENIORS' HEALTH OUTREACH

Our Outreach team provides services to you in your own home. A nurse practitioner or an occupational therapist will inquire about your health and how you are managing your daily activities. Other health professionals, for example, a social worker or pharmacist, may also visit you. Recommendations may be provided to you with the goal of improving your health and overall quality of life. Your family physician will receive a report and an appointment with our geriatrician will be arranged if required. A physician's referral is required.

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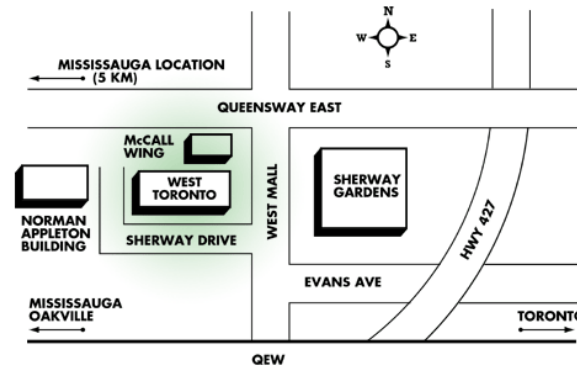
Most of our services are covered by OHIP. The Falls Prevention and Bone Health program is offered in partnership with the City of Mississauga Parks and Recreation. The City charges a fee for using their facility for the exercise sessions. There is no charge for parking at the facility.

**Provides services to the Mississauga Halton Local Health Integration Network catchment area which includes the communities of: Halton Hills, Oakville, Milton, Mississauga, and South Etobicoke.*

CLINICS LOCATION

All clinics are located at:
Trillium Health Centre, West Toronto Site
150 Sherway Drive,
Toronto, Ontario M9C 1A5

Please go to the second floor, Medical Clinics.



SENIORS' HEALTH SERVICES

Phone: 416-521-4090 OR
toll free 1-888-271-2742

**Trillium Health Centre
West Toronto Site**
150 Sherway Drive
Toronto, Ontario M9C 1A5

Mississauga Site
100 Queensway West
Toronto, Ontario L5B 1B8

Fax: 416-521-4116

SENIORS' HEALTH

Information for Older Adults and their families

Our Services:

Seniors' Health Clinics

Falls Prevention and
Bone Health Program
(Strong and Steady)

Regional Continence Clinics

Regional Seniors' Health Outreach

SENIORS' HEALTH SERVICES

Trillium Health Centre offers a variety of Seniors' Health Services:

- Seniors' Health Clinic
- Falls Prevention and Bone Health Program (Strong and Steady)
- Regional Continence Clinics
- Regional Seniors' Health Outreach Services

Seniors' Health Services aim is to improve your health and overall quality of life. Our team includes geriatricians (physicians who specialize in caring for seniors), nurses and advanced practice nurses (nurses with specialized education), occupational and physiotherapists (rehabilitation professionals), social workers and pharmacists. We provide the following services:

- Consultation (discussion about your health concerns and needs)
- Assessment (gathering information on your health history and current situation)
- Treatment and recommendations (suggestions may be given for you to help you improve your health)
- Education (health teaching)
- Follow up (future planning for you)
- Communicate findings and recommendations to your physician
- Identify other community resources and connect you with them

YOU MAY BENEFIT FROM OUR SERVICES IF:

You are 65 years of age or older and require support for:

- Memory
- Bladder and bowel concerns
- Mobility (e.g. walking, wheelchair use)
- Risk of falling
- Managing your medication
- Managing your daily activities
- Multiple medical and emotional health needs

You may also benefit from our services if you have had several admissions to the hospital or visits to the emergency department or urgent care centre.

Be actively involved in your health care.

- Write down questions before you visit and record the answers.
- Bring all your medications to clinic appointments.
- Use your hearing aid, glasses and walking devices when visiting with your health care professional.
- Have a family member or friend with you for support.
- Seek clarification if you have questions about any aspect of your health or the care you receive.

SENIORS' HEALTH CLINIC

The Seniors' Health Clinic is an outpatient clinic serving older adults who live in the community. If you live at home, a retirement home or a long-term care facility and can come to the clinic, you will be seen by a nurse practitioner and/or a geriatrician who will complete your assessment, make recommendations and be in touch with your family physician with the results of your visit. A physician's referral is required.

FALLS PREVENTION AND BONE HEALTH PROGRAM

You can take part in the program if you:

- are well enough to be physically active
- can walk 25 meters, with a walking aid if needed
- are able to learn new information
- are able to get to & from program
- want to stay strong and independent!

The program includes:

- a) an initial assessment at our clinic by a nurse practitioner and/or geriatrician and a physiotherapist
- b) a two hour education and exercise session, twice a week for six weeks and
- b) a follow-up visit three months after your program is completed

A physician's referral is required to attend.