

REGIONAL* CONTINENCE PROGRAM

Community and outpatient based clinics provide assessment and conservative treatment to healthy or mildly frail older adults that are experiencing incontinence. Access to the clinics is via self-referral. A medical referral is not required, but referrals from any health practitioner are accepted.

Continence home visits are also available for moderately to severely frail. A medical referral is required for home visits.

REGIONAL* SENIORS' HEALTH OUTREACH

Outreach team provides accessible and integrated service to frail older adults within their homes. This includes a comprehensive assessment which includes a cognitive, physical, functional, social-environmental and medication review with recommendations to improve overall quality of life. A medical referral is required.

SENIORS' HEALTH INTERNAL CONSULT TEAM

An internal consultation team is available to see older adults admitted to Trillium Health Centre. The team, which includes geriatricians and advanced practice nurses, will complete a comprehensive assessment, including identification of recommendations and will provide follow-up services. A physician order is required.

FEE

Most of the 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.

SENIORS' HEALTH SERVICES

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

Fax: 416-521-4116

Trillium Health Centre

West Toronto Site

150 Sherway Drive
Toronto, Ontario M9C 1A5

Mississauga Site

100 Queensway West
Toronto, Ontario L5B 1B8

SENIORS' HEALTH

Information for Referring Physicians and Healthcare Providers

Our Services:

Seniors' Health Clinic
(Routine and Urgent)

Falls Prevention and Bone Health Program
(Strong and Steady)

Regional* Continence Clinics

Regional* Seniors' Health Outreach

Seniors' Health Internal Consult Team

**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.*

SENIORS' HEALTH SERVICES

Trillium Health Centre offers a range of health services to older adults which includes:

- Seniors' Health Clinic (Routine and Urgent)
- Falls Prevention and Bone Health Program (Strong and Steady)
- Regional Continence Clinics
- Regional Continence Home Visits
- Regional Seniors' Health Outreach Services
- Seniors' Health Internal Consult Team

The aim of the Seniors' Health Services is to improve the health status of older adults in our community who have complex medical issues that cannot be met within existing community services.

An interdisciplinary team that includes Geriatricians, Nurse Practitioners, Clinical Nurse Specialists, Occupational Therapists, a Physiotherapist, Social Workers and a Pharmacist provide services in a hospital setting, ambulatory clinic setting or in the person's home.

Services include:

- Consultation
- Assessment
- Treatment
- Education
- Follow up

REFERRAL CRITERIA

Referrals from physicians to the Seniors' Health Services will be accepted for adults 65 years of age or older who may be frail, have complex health needs and/or are experiencing at least one of the following:

- Geriatric syndromes, including acute confusion, cognitive impairment, incontinence (urinary or fecal), mobility issues or falls, medication management issues or functional decline
- Multiple or complex medical, functional and psychosocial issues
- Two or more hospital admissions within the past year
- Frequent emergency room visits
- Need for assistance with complex discharge plans

To refer an older adult to any of our Seniors' Health Services, please complete a physician referral form and fax to 416-521-4116.

To obtain a referral form or more information about our services, please contact our office at 416-521-4090 or 1-888-271-2742. This form can also be downloaded from our website at www.trilliumhealthcentre.org.

SENIORS' HEALTH CLINIC

This outpatient Clinic provides comprehensive geriatric assessment and treatment to older adults who live in the community. This includes those living in retirement homes or long-term care homes, as long as they are able to come to the clinic. A medical referral is required.

Frail older adults can also be seen urgently for medical/functional issues. Please indicate the urgent designation on the referral form.

FALLS PREVENTION AND BONE HEALTH PROGRAM

An initial assessment will be completed at the Falls Clinic by a nurse practitioner and/or geriatrician and a physiotherapist. If appropriate for the program, the older adult will participate in a:

- a) two hour education and exercise session, twice a week for six weeks and
- b) follow-up visit three months after program completion.

Older adults can be referred if they are at risk for falling or have had falls, can walk 25m, can learn new information and are able to get to and from the program. A medical referral is required.