

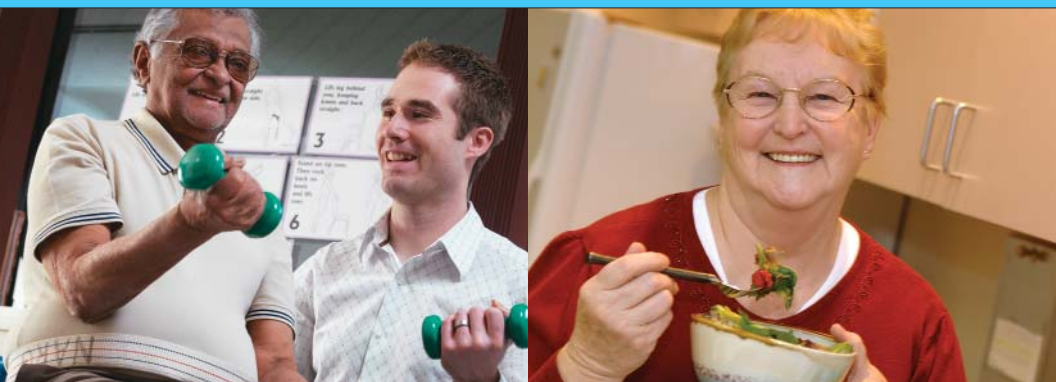


Capital Health
EDMONTON AREA

Regional Specialized
Geriatrics Program



*Leading the way
in care for seniors*



**Seniors' Health
Services**

Capital Health offers a variety of services to support seniors in communities across the region.

The following list highlights programs and services available to help seniors stay healthy, active and as independent as possible, and also identifies accommodation options.

*For more information on any of these programs and services, visit www.capitalhealth.ca/seniors. You can also call Capital Health Link at **408-LINK (5465)** or **1-866-408-LINK** if you're outside the local dialing area.*



Seniors' Wellness

Fitness

Active Anytime Anywhere

Improves access to affordable exercise sessions for older adults.

Better Balance

The Better Balance/Falls Prevention Program addresses strength, balance and gait issues in those who are at high risk for falling.

COPD Rehabilitation

This six-week exercise and education program is designed to help those with chronic obstructive pulmonary disease cope more easily with their condition.

Get SET

A six week exercise and education program for those with chronic conditions.

Grey Nuns Outreach Rehabilitation Services

Programs designed for seniors such as Tai Chi in a Chair and Tai Chi for arthritis. Other programs include: Water Wellness, Gentle Exercise Classes, Yoga, Massage or time with a Personal Trainer.

Specialized Care

Acute Care of the Elderly/ Acute Geriatric Assessment Units

This is a specialized geriatric inpatient program for frail elderly with acute and complex medical conditions. These services are available at most Edmonton area hospitals.

Capital Health Aids to Daily Living

Provide assessment and authorization of equipment and supplies in accordance with the Alberta Aids to Daily Living program.

Assessment and Rehabilitation for Older Adults

Using a team approach to assess, treat, intervene and rehabilitate older adults. These inpatient and day hospital programs are offered out of the Glenrose Rehabilitation Hospital and include a secure unit for older adults with cognitive impairment.

CHOICE

The Comprehensive Home Option for Integrated Care of the Elderly program supports older people living at home by offering a variety of medical, social and supportive services.

Community Rehabilitation Interdisciplinary Service (CRIS)

CRIS provides a one-stop shop for seniors with complex and chronic rehabilitation needs. This includes seniors who require more than one type of therapy such as occupational and physical therapy or speech language services.

Dental Services

The Glenrose Rehabilitation Hospital provides dental services for those with physical and cognitive limitations. Education and consultation is also provided to residents and staff in nursing homes and auxiliary hospitals.

Eye Health

A full range of eye care, from routine examinations to sub-specialty exams and complex surgical procedures, is available at the Regional Eye Centre at the Royal Alexandra Hospital. Assessment, diagnosis, treatment and follow-up care for eye problems and diseases are available.

Geriatric Assessment

Comprehensive assessment of seniors with complex health needs and recommendations for a treatment plan and support for patients and families is provided through Geriatric Assessment Units, specialized geriatric outpatient clinics and/or senior's clinics across the region.

Hearing

Assessment, hearing aid evaluations and follow-up services are provided to assist seniors experiencing hearing difficulties. Services are provided throughout the region.

Immunization Services

Provides both specialized and routine immunization services against diseases such as influenza, pneumonia, and tetanus. In addition, Travellers' Health Services provides immunization services to protect individuals traveling to other parts of the world.

Mental Health Services

A range of inpatient, outpatient, day hospital and day support programs offering psychiatric assessment and treatment for seniors are available at the Glenrose Rehabilitation Hospital and Alberta Hospital Edmonton. Crisis services are also offered.

Physical Therapy

Assessment and treatment to help seniors with difficulties associated with movement, pain or incontinence.

Sexual Health Service

Education and counseling that address sexuality concerns relating to disease or disability for individuals and couples.

START Medical Day Hospital

The Short Term Assessment, Rehabilitation and Treatment (START) day hospital provides assessment and intervention for seniors with a sudden change in their functional or health status.

START Psychiatry Day Hospital

This day hospital program assists seniors living in the community who are supported by their families to reach their optimal level of function through assessment, rehabilitation and treatment of psychiatric illness and related psychosocial problems.

Specialized Geriatrics Clinics

These clinics offer a variety of services for frail seniors with complex health needs. The clinics are available throughout the region.

Weight Wise

A region-wide weight management program designed to help people improve their health and lifestyle by achieving healthy weights.

Education and Prevention

Adult Asthma Education

Group education sessions that teach those with asthma or their caregivers how to better manage their disease.

Boosting Your Memory Program

This six-week program is for those 50 and older who want to learn memory training techniques.

Breathe Easy Program

Program designed to help those with a chronic respiratory disease or a lung disorder.

Diabetes Education

Provides education for patients on how to delay or prevent the onset of diabetic kidney disease by learning how to develop a specialized plan to achieve and maintain a healthier weight.

Elder Abuse

Capital Health works closely with community agencies such as the Edmonton Police Service to assist seniors in crisis.

Falls Prevention – Steady As You Go (SAYGO) I and II

SAYGO I

Provided by Primary Care Community Nurses, this program teaches seniors how to reduce their risk of falling and eliminate risk factors in their homes.

SAYGO II

Provided through Home Care, SAYGO II helps frail seniors reduce their risk of falls and includes several follow-up assessments. It is for seniors who are not eligible for SAYGO I because of increased limitations and frailty.

Healthy Bones

This four-week exercise and education program is for men and women with osteoporosis/osteopenia and provides tips to reduce risk factors for bone loss.

Health Education and Health Assessments

Provided by Primary Care Community Nurses, this team provides senior specific health information to seniors throughout the region at various seniors and health facilities.

Live Better Every Day

A six week workshop for adults with chronic health conditions that helps them learn ways to manage symptoms in their daily lives, and deal with the stress and emotions that are part of living with a long-term illness.

Nutritional Counseling

Registered dietitians provide education for out-patients on how to improve eating habits and manage their medical conditions.

Rheumatology Education Program

Patients learn about osteoporosis and bone health through group lectures and exercise demonstrations.

Weight Wise Workshops

Workshops that help adults develop personalized plans for eating healthy and getting or remaining active. These free workshops are held in communities across the region.

Women's Wellness

This class is for women and provides information about osteoporosis, breast and heart health and menopause.

Caregiver

Caregiver College

Alberta Caregiver College® is a virtual college teaching caregivers how to meet the needs of a loved one with an injury, illness or disability.

Coping With Caring

An occupational therapist visits the home and teaches caregivers ways to help seniors with confusion.

Accommodations – Community Care

For information or to make a referral to the following Community Care Services programs please call Community Care Access at 496-1300.

Alzheimer's Centres

Specially trained staff provide care for those with Alzheimer's and other forms of dementia in a secure environment.

Central Assessment and Placement Services (CAPS)

The CAPS program provides assessment and approval for admissions to continuing care centres and supportive living programs.

Continuing Care Centres

There are a variety of sites in the region which provide ongoing professional and support services in facility settings as well as offering respite services and special programs such as dialysis, ventilators and support for residents with a brain injury.

Day Programs

Adult Day Support Programs help seniors with chronic physical or cognitive limitations remain as active as possible while giving the caregiver respite, support and information.

Designated Assisted Living (DAL)

DAL provides accommodation and 24-hour on-site personal care for clients who don't require continuous access to professional services.

Family Care Homes

Accommodation and care for seniors with lighter care needs in a private, family-oriented home setting.

Home Care

Assess the need for short-term or long-term professional health and support services to assist clients who are living in their own homes.

Life Lease

Capital Health contracts with operators to provide continuing care services. Laurier House provides a life lease program that provides health and personal care services.

Mental Health Approved Homes

Accommodation and individualized support services for people with mental illness who do not require 24-hour on-site support.

Palliative Hospice

Is a home-like setting with professional and support services for those unable to stay at home near the end of life.

Personal Care Homes

For residents with moderate care needs who require 24-hour on-site availability of personal care services, but who do not require continuous access to professional nursing services.

Regional Palliative Care Program

Professional consultation and referral to services that support palliative clients with pain and symptom control issues to help improve their quality of life in the final stages of life.

Supportive Living

Services are provided for clients in apartments, lodges, and similar settings who may need personal and/or professional services as well as help with meals, laundry and housekeeping.

To learn more about programs and services in the Capital Health region for seniors with complex health issues, call:

Capital Health Link: 408-LINK (5465)
Toll-free 1-866-408-LINK (5465)

www.capitalhealth.ca/seniors



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