

Our Mission

At the Salmon Arm Seniors Health and Wellness Centre, we provide services designed to support the health and wellness of seniors living with chronic conditions.

Our specialized care team supports seniors to live independently at home.

Salmon Arm Seniors Health and Wellness Centre

#1 – 2770 10 Ave. NE
Salmon Arm, B.C. V1E 2X1

Phone

778-489-5191

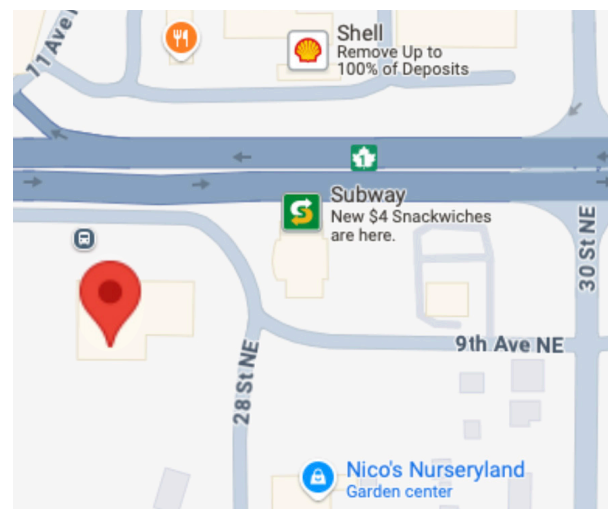
Fax

778-489-5256

Hours

8 a.m. to 4 p.m.
Wednesday & Thursday

We acknowledge that we live and work within the unceded Secwepemcúl'ecw First Nations Territory.



Salmon Arm Seniors Health and Wellness Centre



Senior Services

Do you want to improve or maintain your health and wellness?

Are you struggling with:

- falling;
- memory changes;
- nutrition;
- pain;
- medications;
- advanced care planning; and/or
- bowel or bladder function?

Are you interested in working together with our health-care team?

Talk to your doctor about a referral to the Seniors Health and Wellness Centre.

We strive to:

- help you work toward your health and wellness goals;
- help you maintain your independence; and
- support your family and caregiver

Your health-care team

The following people may be involved in your care.

- Physician
- Dietitian
- Social worker
- Physiotherapist
- Occupational therapist
- Registered nurse
- Rehab assistant
- Continence nurse advisor

What to expect

- We talk with you about your health and wellness goals.
- We will decide with you, which team member could be helpful.
- We offer education, support assessments and short-term treatment.
- We can help connect you with community programs that might interest you.
- We keep you and your family doctor involved and informed.

