

Salmon Arm Seniors Health and Wellness Centre

Information Guide for Physicians and Nurse Practitioners

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.

GOALS

- To provide assessment, short-term intervention, and support to medically complex and frail seniors living in the community
- To provide timely and appropriate access to an interdisciplinary geriatric team
- To provide education and support to clients, families and caregivers

THE PROGRAM **Interdisciplinary Approach to Comprehensive Geriatric Assessment**

- Older Adult Intake to determine further clinical assessments
- Interdisciplinary shared care planning
- Individualized care that identifies client goals, interventions, and recommendations
- Short-term interventions as indicated
- The referring Family Physician or Nurse Practitioner is invited to be part of the interdisciplinary shared care plan



REFERRAL CRITERIA

- 65 years of age or older (under 65 by exception)
- Resides within Salmon Arm, Sicamous, Sorrento, Malakwa, Mara, Enderby and the Secwepemculecw Nation
- Medically complex or frail (*at risk of decline without intervention*)
- CSHS Clinical Frailty Scale of 4 - 6
- Potential to stabilize and/or optimize physical health and function
- Agreeable for assessment/intervention

Geriatric Syndromes such as:

- More than 2 falls in the past year
- Increasing balance and mobility issues
- More than 2 Emergency Department visits in the past year
- Unintentional weight loss or dysphagia
- Sub-optimal pain control
- Medication management concerns
- Troublesome Incontinence

THE TEAM

- General Practitioner
- Registered Dietitian
- Social Worker
- Occupational Therapist
- Physiotherapist
- Pharmacist
- Registered Nurse
- Rehab Assistant

FAX REFERRAL TO 1.778.489.5256

Please include: recent lab results, MOST, cognitive testing, imaging reports, prior assessments, allergies, current medications

We acknowledge that we live and work within the unceded Secwepemculecw First Nations Territory.



SENIORS HEALTH AND WELLNESS CENTRE

Suite 4, 781 Marine Park Drive,
Salmon Arm BC V1E 2X1

Phone: 778.489.5191 • Fax: 1.778.489.5256