



On the day of your appointment, please come with any questions you may like to ask.




Medical Program

# Healthy Living Clinic

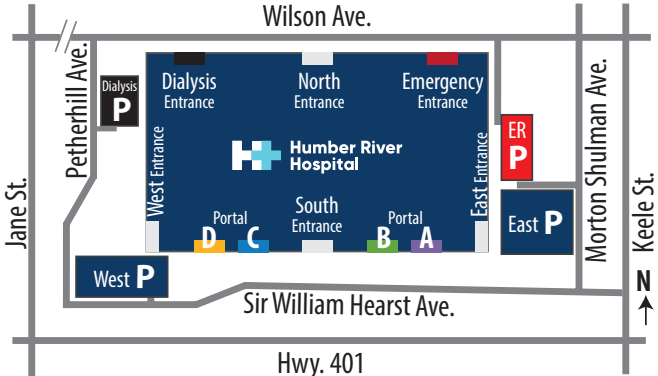
A Geriatric Outpatient Clinic

**Contact Us**  
**Healthy Living Clinic**  
**Humber River Hospital**  
**1235 Wilson Ave.,**  
**Toronto ON M3M 0B2**

Tel: (416) 242-1000 ext. 21800

Clinic Hours:  
Monday to Friday, 9:00 a.m. to 5:00 p.m.

**The Healthy Living Clinic is located on  
the 1st floor at Portal of Care C.**



HUMBER RIVER HOSPITAL  
1235 Wilson Ave., Toronto, Ont., M3M 0B2



**English**  
This information is important! If you have trouble reading this, ask someone to help you.

**Italian**  
Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish**  
¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

[www.hrh.ca](http://www.hrh.ca)

## About Us

At Humber River Hospital's **Healthy Living Clinic**, we do a complete review of medical and cognitive health issues for seniors. We also offer these services in the community through our **Geriatric Outreach Team**. Our goal is to help seniors obtain their optimal level of functioning while continuing to live at home.

## Our Services

We do a complete assessment of senior health, including a review of:

- Activities of daily living
- Cognitive and mood
- Mobility
- Gait and balance
- Medicines

In addition, we review the need for:

- Referrals to other specialists for consults
- Diagnostic tests and lab work
- Senior-friendly resources and supports in the community
- Caregiver support

We also offer a Falls Prevention Program. Please ask us if this program is right for you.

## The Health Care Team

Our teams specialize in the care and treatment of seniors.

**Healthy Living Clinic Team:** Includes a Geriatrician (doctor specializing in seniors' health), and a registered nurse (RN).

**Geriatric Outreach Team:** This team is an important part of the clinic because they are able to assess concerns in your home environment. The team includes a nurse clinician, social worker, and occupational therapist.

## Who can benefit from our services?

We see patients with a variety of concerns, such as patients who have had:

### Recent changes in physical, mental or functional abilities, including:

- Falls
- Impaired mobility
- Dementia
- Delirium
- Changes in mood
- Decreased ability to care for self

### Major changes in support needs:

- Caregiver stress
- Considering the need for placement

### Safety concerns:

- Physical, psychological, social and environmental safety concerns
- A sudden increase in the use of health care services over the last 6 months.

## How do I access these services?

**Your doctor must refer you to our services.**

Show this pamphlet to your doctor and ask them to fill out the referral form found online at: <http://www.hrh.ca/geriatrics>

You must book your appointment within 12 months of receiving the referral, otherwise a new referral is required.

## About your Appointment

Date:  Time:

### PREPARING FOR YOUR VISIT

Please bring:

- Your health (OHIP) card and a photo ID
- A current list of medicines, or your actual medicines
- Lab and diagnostic results that your doctor gives to you

If you need an interpreter, please let us know in advance. You are welcome to bring family with you to your appointment.

### CANCELING OR RESCHEDULING

If you must cancel your appointment, please contact us **48 hours in advance**.

**After 3 cancelled appointments**, we kindly ask that you visit your doctor to determine if you will need a new referral.