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

Contact Us
Healthy Living Clinic
Humber River Health
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.
About Us
At Humber River Health’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.