

## What You Can Expect from the Program

1. You will be assessed to identify your specific needs.
2. You may be referred to other team member(s) or clinics as required.
3. You can attend 16 group sessions once a week for 2 hours, including:
  - 1 hour of health education – each week is a different topic
  - 1 hour of exercise led by a physiotherapist
  - having your blood sugar and blood pressure checked as needed
  - individual health advice from the healthcare professionals on the team
4. You will be invited to attend a follow up session 6 months later to check on your progress.
5. You can continue to see any of the healthcare professionals on the team as needed.
6. The healthcare team will focus on what is important to you and help you with the changes that you want to make in your life.



## Healthcare Team

- Nurse
- Dietitian
- Social Worker
- Physiotherapist
- Pharmacist
- Psychologist
- Receptionist
- Cognitive Behavioural Therapist (deals with emotions and stress)
- Physician (specialized in caring for the elderly)
- Chiropodist
- Interpreter (when needed)
- Occupational Therapist

## Education Topics You Will Learn About

- Benefits of Exercise
- Healthy Eating
- Stress/Sleep Management
- Home & Pedestrian Safety
- Safe Use of Medications
- Community & Financial Resources
- Power of Attorney & Wills
- Immunization
- Diabetes
- Hypertension
- Arthritis
- Foot & Skin Care
- Osteoporosis
- Stroke

## How Can You Join the Program?

You can be referred by a family member, friend, physician or other healthcare professional, or you can call us directly.

## On Your First Visit

You will need to bring:

- Your O.H.I.P card
- Hospital blue card (if you have one)
- All your medications
- Your family doctor's name, address and phone number

## This Program is Offered in Various Languages

- Portuguese
- Spanish
- Vietnamese
- Cantonese

The Seniors Wellness Clinic also provides a 12-week group program focused on preventing falls in older adults. If you are 60 years old or older and have had one or more falls or near falls, have your family doctor refer you to our Falls Prevention Program.

399 Bathurst St. (corner of Dundas St.)  
West Wing, 3rd Floor, Room 423  
Toronto, Ontario M5T 2S8  
Tel. (416) 603-6769 Fax (416) 603-5210

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## Welcome to the Seniors Wellness Clinic



TWH

Are you over the age of 55?

Would you like to learn more about  
healthy aging?

**The Seniors Wellness Clinic  
can help!**



University Health Network  
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital