



### WHO WE ARE

The **Independence at Home Community Outreach Team** consists of a Nurse, Social Worker, Pharmacist, Home and Community Care Support Services Coordinator, Geriatrician, and Geriatric Psychiatrist.

You may be referred to work with other health care providers through our partnering organizations or the Home and Community Care Support Services.

We always work in partnership with your primary care team.

### WHAT WE DO FOR YOU

We will talk to you about your needs and make a plan that could include:



#### OUTPATIENT & INPATIENT REHABILITATION OPTIONS

Linking you with the right in-home, outpatient or inpatient rehabilitation options (for example, balance and exercise programs).



#### HOME & COMMUNITY SUPPORT SERVICES

Linking you with the best mix of home care and community support services and activities to stay independent.



#### GERIATRIC SERVICES

Providing or referring you to a range of specialized geriatric services (for example, geriatrician consultation, memory training).



#### CARE NAVIGATION AND CAREGIVER SUPPORT

Helping you understand and work through the health care system. Providing caregiver support.

### WHO WE SERVE

Older adults living in the community who are 65 years of age and older and:

- Have recently felt they are not functioning as well as they used to at home and would like to improve.
- Would like to explore home or community supports that could promote independence.
- Find it difficult to go outside and would benefit from specialized short term geriatric care in the home.
- Live in our Service Area: South of St. Clair Ave., West of the Don River, and East of Keele St./Parkside Dr. (See Accompanying Map for Details).



#### FOR MORE INFORMATION:

Talk to your health care provider or call the Independence at Home Community Outreach team:



P: 416-597-3422 x 3830

**Our services are free.**



Sinai Health System

HEALTHY AGEING AND GERIATRICS



reconnect  
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HealthLink

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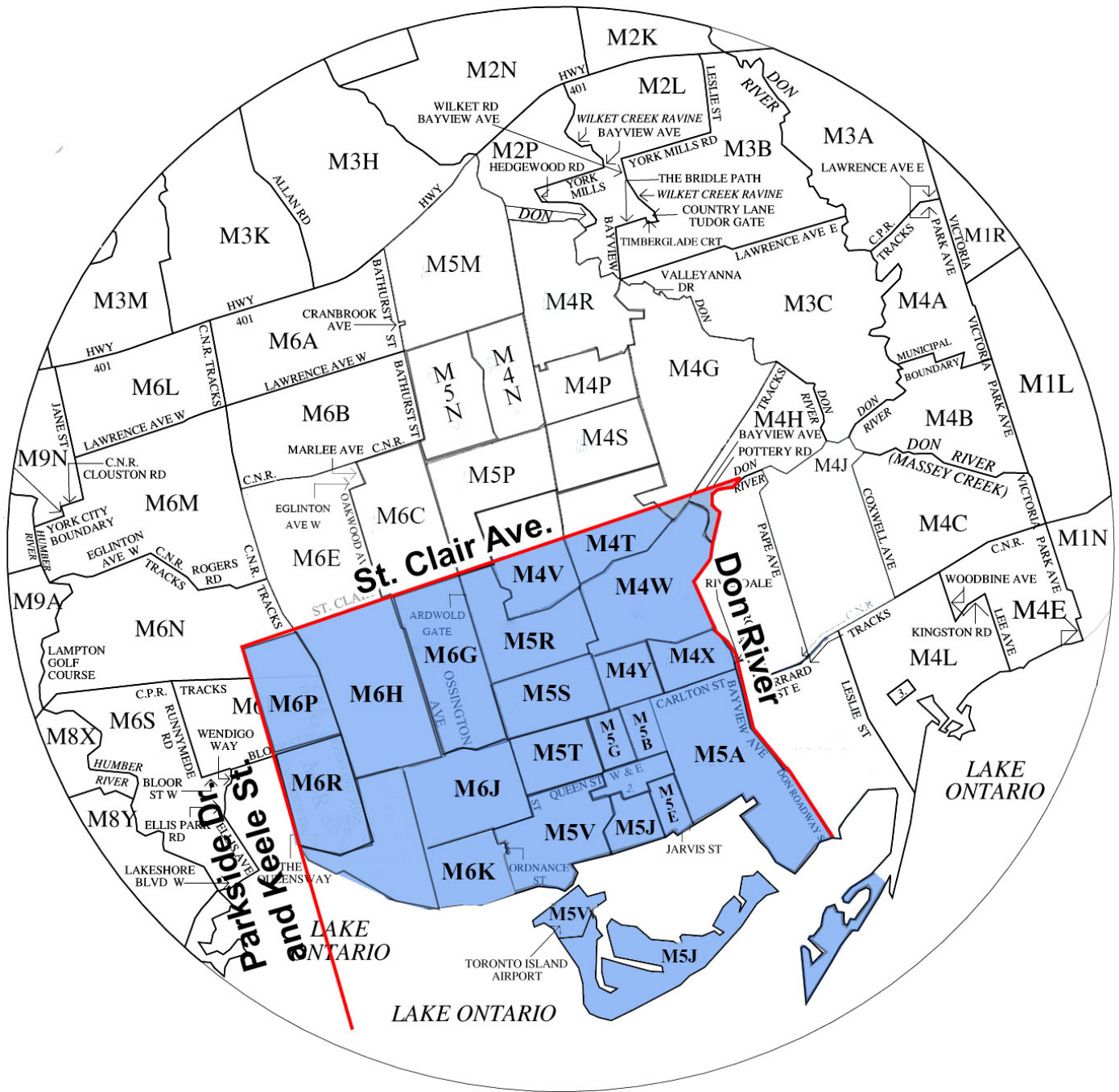
Circle  
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HOME AND COMMUNITY CARE  
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Toronto Central



# INDEPENDENCE AT HOME COMMUNITY OUTREACH TEAM CATCHMENT AREA:



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