



# HEALTHY AGING TEAM

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## WHAT IS THE HEALTHY AGING TEAM?

Healthy Aging Team (HAT) consists of registered nurses and registered social workers who have specialized knowledge in gerontology and community resources. They are part of an interdisciplinary team of family physicians, nurses, dietitians, respiratory therapists, exercise specialists and behavioural health consultants.

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## WHAT SHOULD I EXPECT FROM A HEALTHY AGING TEAM MEMBER?

Members can provide a **home assessment** that includes:

- A review of geriatric syndromes (falls/mobility, incontinence, nutrition/swallowing/weight loss), medication review, social history, functional history, cognitive history, neurobehavioural changes
- Cognitive screens: GDS, MMSE, CLOCK, FAB, MOCA
- Includes planned referrals to appropriate resources to best support the patient and their families

### **Social work supports:**

Provides assistance/consult such as:

- Personal Directives and Enduring Power of Attorney documents
- Capacity assessments
- Elder abuse
- Financial and pension information pertinent to seniors
- Changeways for Seniors
- Housing options
- Low income subsidy options

## **Moving for Memory**

The goal of this program is to provide support for people with early memory, functional deficits and/or MCI that do not meet the criteria for existing community programs (eg. CHOICE, CRIS) in collaboration with as many disciplines as possible.

## **Mentorship**

Facilitates and/or creates regular and ad hoc healthy aging interaction and support based on staff needs by:

- Offering orientation to new staff
- Consultation with PCN nurses in the clinics as needed and/or engage on a regular basis to consult on specific patients
- Provides regular home visit mentorship

## **Community engagement**

Contributes and/or facilitates Edmonton Southside PCN's mandate for community engagement by participation in pertinent community at large organizations such as Age Friendly Edmonton, Edmonton Seniors' Coordinating Council, Alberta Gerontology Association (which includes Alberta Gerontologic Nurses' Association) and Alberta Council on Aging, Seniors Protection Partnership, Elder Abuse Consultation Team



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The HAT support consists of education and consultation to maintain and enhance the care of the senior within the medical home and community for as long as possible. When the senior's needs are beyond the medical home's capacity, the HAT can be seen as navigators of clinic care into the community (without duplicating services).

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## WHO CAN RECEIVE THESE SERVICES?

The service is free to all patients that visit this clinic. This clinic is a member of the Edmonton Southside Primary Care Network who employs the Healthy Aging Team working in your family physician's office.

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## WHAT CAN WE HELP WITH?

- Medically complex
- Safety/functional assessment in the home
- Caregiver concerns
- Grief
- Mental health
- Driving issues
- Relocation
- Elder abuse
- Personal directives/enduring power of attorney
- Financial concerns
- Capacity assessment
- Goals of care
- Mobility counselling
- Socially isolated

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## WHERE IS THE TEAM LOCATED?

Health Aging Team members are located at assigned clinics (the medical home of the patient).