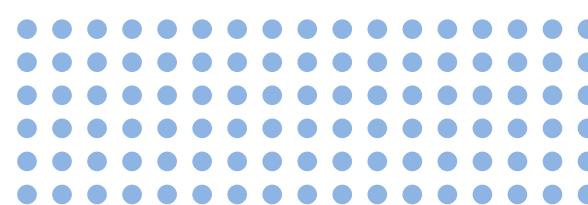


INFORMATION RESOURCES

Margaret Tansey
SHIH, Primary Care Team Lead





HOW TO OBTAIN PRIMARY CARE

Dr. Philpott's Primary Care Action Team

If you don't have primary care, be sure to register on Health Care Connect by either using [this link](#) OR phone 1-800-445-1822.



Direct link to ON Ministry of Health website!





SPEAKER MATERIALS

Community Paramedicine, Self Referral Form

 Ottawa Paramedic Service
Community Paramedic Program – Request for Service Form

ONCE COMPLETE, PLEASE FAX TO 613 580-6487

Please print clearly or complete electronically. Please call 613 580-2651 if you have any questions about this program.

PATIENT INFORMATION

Name:	Health Card Number:
Date of Birth (YYYY-MM-DD):	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other:
Primary Language: <input type="checkbox"/> English <input type="checkbox"/> French <input type="checkbox"/> Other:	
Phone (mobile):	Phone (home landline):
Email:	
Street Address:	Postal Code:
Emergency Contact Name:	Relationship to Patient:



SPEAKER MATERIALS

Are you at Risk of Falls? Staying Independent Checklist

Staying Independent

Falls are the main reason why older people lose their independence.



Are you at risk? Check each statement that is true for you.

Check your risk of falling	Actions to staying independent
<input type="checkbox"/> (2) I have fallen in the last 6 months	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
<input type="checkbox"/> (2) I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
<input type="checkbox"/> (1) Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
<input type="checkbox"/> (1) I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
<input type="checkbox"/> (1) I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
<input type="checkbox"/> (1) I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.



SPEAKER MATERIALS

Recommended proactive and preventative measures

You CAN
prevent falls!

Ottawa | Public Health
Santé publique



The facts

Falls are the leading cause of injury among older adults in Canada:

- **20-30%** experience at least one fall each year
- **95%** of all hip fractures are due to a fall
- **50%** of all falls causing hospitalization happen **at home**

Falls can result in chronic pain, reduced mobility, loss of independence and even death.



GUIDE TO HEALTHY AGING



Contents

- [Introduction](#)
- [Primary Care](#)
- [Home Care & Supportive Services](#)
- [Caregivers](#)
- [Housing for Older Adults](#)
- [Technology](#)
- [Maintaining Your Safety](#)
- [Healthy Living](#)
- [Transportation](#)
- [Looking After Your Finances](#)
- [End-of-Life Choices](#)
- [Seniors Health Innovations Hub \(SHIH\)](#)
- [Acknowledgements](#)



<https://oldottawasouth.ca/healthy-aging-guide/>



GUIDE TO HEALTHY AGING

Hydration

Staying hydrated is vital for older adults, as the sense of thirst diminishes with age. It is important to drink fluids often even before you feel thirsty. We all need from 9 to 12 cups of fluid per day, in proportion to our weight. Remember that other fluids like milk, coffee, tea and juice also count towards your daily fluid intake. Limit caffeinated and sugary drinks, as they can dehydrate you. Ottawa Public Health cites [this link](#) as a good source of information about fluid needs.



Understanding & Navigating Cognitive Decline

Drat! I've come all the way down to the basement and now I can't remember why! Am I just losing it? I am far from young. Should I be worried about developing dementia?

We all (at least after a certain age) have moments like this. And sometimes we *can* remember what we were there for (after we go back upstairs?!?) and other times it escapes. For many, a slight loss – especially of short-term memory – is not a big deal.

Old age, after all, is famously not for the faint of heart. The truth is that forgetfulness is common and *can* be a sign of dementia but really, only when it is interfering with your everyday life. Having finally remembered five minutes later why you went down to the basement, you *could* just see it as a bit of extra exercise.

& more



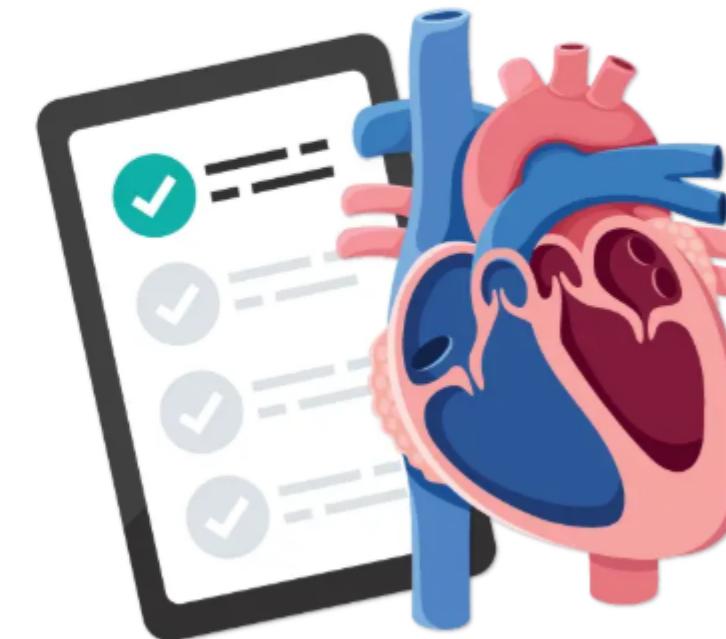
UNIVERSITY OF OTTAWA HEART INSTITUTE

Centre for Valvular Heart Disease Mobile Screening Program

Valvular heart diseases are dysfunctions of the "doors" that direct blood flow within the heart.

These diseases affect hundreds of thousands of people in Canada. Heart valve problems are often undetected, and late detection may have severe consequences. Our mobile screening program offers early detection, diagnosis, and treatment of valvular heart disease.

We welcome anyone who is 65 years of age and older with no known heart issues to participate in this free mobile heart valve screening program.



[Valvular heart disease mobile screening program](#)