



Introducing Health Services at Sage

Who: Nurse Practitioners working with seniors to support health and wellbeing.

What: All of the same services that you would get at a medical centre, including:

Annual check ups

Health assessments

Treatment for chronic and acute illness

Prescriptions and refills

Health information and education

Diabetes and respiratory health programs

Urgent care

Where: Sage Seniors Association, a centrally-located, one-stop resource hub for seniors. Home visits will be available when appropriate.

When: Monday through Friday, 8:30 a.m. – 4:00 p.m., beginning early March 2018.

Why: Because health is about the whole person, and when you come to Sage, we can also help you with housing and financial concerns, connect you to social supports, and offer opportunities to meet people and get involved!

How: Drop-in or by appointment.

Call 780-423-5510

or email

healthservices@mysage.ca

Frequently Asked Questions

HOW ARE HEALTH SERVICES AT SAGE DIFFERENT FROM GOING TO A DOCTOR'S OFFICE OR TRADITIONAL MEDICAL CLINIC?

At Sage, we are able to consider all aspects of a senior's life and wellbeing. We understand that access to benefits can impact whether or not a senior is able to pay for their medication or eat nutritious meals. We know that safe, appropriate, and affordable housing is essential to quality of life.

We recognize the value of information when it comes to things like preventing falls or managing difficult life transitions. We appreciate the importance of social connection and a sense of belonging, and value the contributions that seniors make to our communities.

Because Health Services at Sage is just one of the many services we offer to help seniors live where and how they choose, our healthcare providers have access to resources and expertise that they would not have elsewhere.

Instead of referring you to another organization for help with something that is not a physical health-related concern, our staff can just walk down the hall to consult with a colleague.

Our healthcare providers can connect you to staff and volunteers who help with:

- Filling out forms and filing income tax
- Guardianship and Trusteeship
- English as another language
- Planning for the future and managing crisis
- Hoarding behaviour
- Finding housing
- Accessing and using computers
- Elder abuse
- Financial literacy
- Activities, groups, and courses
- Volunteer opportunities and community involvement

Health Services at Sage will be led by Nurse Practitioners, which means that you can ask all of your health-related questions when you see them, even if it takes a bit longer than an average appointment. You do not need to limit your questions to one issue per appointment.

