

## Clinic Operation

The GAIN clinic is open Monday through Friday, and select Saturdays.

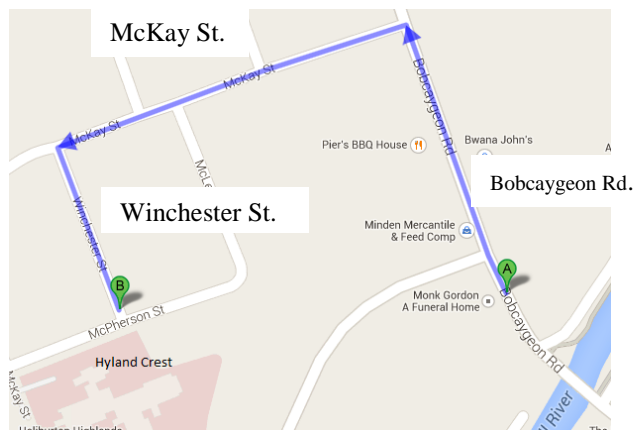
## Criteria for Seniors

To have a comprehensive assessment completed, seniors must:

- be referred by any healthcare practitioner in the community, emergency department, self or caregiver or upon discharge from the hospital; they will be seen urgently or emergently as required
- live at home or in a retirement home in Haliburton County - those living in a nursing home are not eligible
- have a scheduled appointment - walk-ins are not accepted

## Clinic Location

8 Winchester St., Minden ON



## Referral Process

Referrals to the GAIN Geriatric Clinic can be faxed or mailed to the address below  
Referral forms available @ [www.hhhs.ca](http://www.hhhs.ca)

## Contact Information

Haliburton Highlands Health Services  
Attention: GAIN Clinic  
PO Box 30  
Minden, ON  
K0M 2K0

Tel: 705.457.1392 ext 3400

Fax: 705.286.0720

Website: [www.hhhs.ca](http://www.hhhs.ca)

E-mail: [asmith@hhhs.ca](mailto:asmith@hhhs.ca)



## Providing Better Care for Frail Seniors



HIGH QUALITY PATIENT CARE

## What is GAIN?

Geriatric Assessment and Intervention Network (GAIN) operates outpatient clinics at different locations in Ontario, including Lindsay, Peterborough and Haliburton County.

The GAIN team provides a team approach to health care for frail seniors and works with them and their families to develop personalized care plans. The goal is to help keep seniors living safely and independently in their own homes with the necessary supports.

## The GAIN Team in Haliburton Highlands

The inter-professional team consists of:

- Nurse Practitioner
- Occupational Therapist
- Social Worker
- Behaviour Support Nurse
- Home Support Worker
- Pharmacist
- Registered Dietitian
- Community Care Access Centre (CCAC) Case Manager
- Geriatricians available for consultation

## Target Population

The GAIN clinic is designed to assess seniors generally aged 75 and older who:

- ✓ have multiple complex health problems or medication issues
- ✓ have experienced a functional decline, are at risk for falling or present with safety concerns
- ✓ have experienced a cognitive decline, psychosocial issues, and/or have difficulty coping

## The Assessment

The duration of a comprehensive assessment is 2-3 hours. This usually includes a past medical history review, a medications assessment, a physical exam, a mobility and functional assessment, and cognitive screening.

Upon completion of the assessment, the inter-professional team member and NP/MD will identify and discuss areas of concern, provide recommendations and expert insight into care planning. This information will be provided in writing to the senior, their Primary Care Provider, and the referring source.

## What to Bring

- ✓ a family member or friend must attend
- ✓ **all** medications including over the counter products (vitamin, minerals, eye drops, inhalers, creams, etc.)
- ✓ current walking aids
- ✓ eye glasses
- ✓ hearing aids
- ✓ a snack & water



**You have an appointment at the GAIN Geriatric Clinic on:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_