



Primary Care Outreach to Seniors

*Providing support to Ottawa and the
surrounding area's vulnerable seniors*



Free In-Home services for seniors provided
by a Registered Nurse and a Community
Health Worker.



*Primary Care Outreach to Seniors helps link isolated
and vulnerable seniors **living at home** to access the
care and resources required to live **safely**.*

Services Offered by PCO

Help with **medication** review
Chronic illness management
Provide **accompaniments** to medical
appointments as appropriate
Assist with documentation completion
Provide **home safety** assessments
Administer **cognitive** screenings
Help get a **Primary Care Provider**
Help in system navigation
Provide case management
Link clients to supportive **community**
programs
Help access **housing** support services



**If someone you know meets any of the
criteria below, refer to PCO today!**

- * Is over 65 years of age
- * Lives alone or is isolated
- * Little support network (friends/family)
- * At risk of eviction/ financial barriers
- * Suffers from chronic illness/ pain
- * Recent visits to Emergency Department
- * Readmission to hospital within 30 days of discharge
- * Recent change in memory/ cognition
- * Falls in the last 3 months
- * Recent changes in mood/ behaviour
- * New medical diagnosis within the last 3 months
- * Weight loss +10 lbs in less than 2 months
- * "No Shows" for medical appointments
- * Concerns of general safety/ abuse

How to Refer a Client

Referral forms are available at:
www.seochc.on.ca

Fax completed referral form to Central Intake
at : **613-739-8196**

For more information please call:
1-844-726-5115