Goals:
Deliver coordinated care within an interprofessional team of primary care providers with an emphasis on patient centered outcomes, improved quality of life, prevention and optimized treatment of chronic diseases.

Service Overview:
- **In-clinic & home visit functional assessments**
  - Cognitive assessments, functional mobility, equipment recommendations, home safety/ modifications, functional performance with ADLs, skills assessments, wheelchair seating, vocational planning

- **Falls education & prevention**
  - Environmental modifications, risk assessments

- **Resource navigation**
  - Consultation and linkages to appropriate community programs
  - Short term follow up while awaiting services through other agencies

- **Group education**
  - Coping skills group (anxiety/ stress management, goal-setting, communication, time management)
  - Cognitive Behavioural Therapy & mindfulness
  - Chronic pain management
  - Get Better Together
  - Craving Change

- **Smoking cessation**
  - Address psychosocial factors & provide education regarding adaptive coping strategies related to smoking cessation

**Ask your Primary Care Provider for more information!**
Primary Care: “the most appropriate care by the most appropriate providers in the most appropriate settings”*

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