



# 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](mailto: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.



## WHAT IS A NURSE PRACTITIONER?

Nurse Practitioners are health professionals with advanced education, who can offer a full range of comprehensive health services. They consult with and can refer to specialists and other healthcare providers.

Nurse Practitioners conduct comprehensive health assessments, diagnose health concerns, and treat and manage acute and chronic illness. They also order and interpret screening and diagnostic tests, perform procedures, and prescribe medication.

Nurse Practitioners can offer health promotion, illness and injury prevention, and curative, rehabilitative and supportive services to their patients.

Nurse Practitioners have an in-depth understanding of acute and chronic illness, and are able to work holistically with patients who have complex health needs.

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At Sage, you can discuss the full range of your health challenges, learn more about managing your health, and have your needs addressed more holistically.



## WHAT IS THE DIFFERENCE BETWEEN A REGISTERED NURSE AND A NURSE PRACTITIONER?

A Nurse Practitioner can do everything a Registered Nurse can, but can also provide the following additional services:

### Advanced health assessment

Nurse practitioners assess and diagnose health conditions or illness, including acute illness, injuries, chronic disease, and emergency health needs.

### Diagnosis

Nurse Practitioners discuss diagnoses, prognoses, and treatments with you.

### Ordering/interpreting diagnostic tests

Nurse practitioners order and interpret laboratory and other diagnostic tests.

### Prescribe medication

Nurse Practitioners prescribe medication.

### Provide treatment and advanced medical interventions

Nurse Practitioners perform both invasive and non-invasive procedures, including suturing, incision and drainage, excisions, intubation, limb immobilization and casting, and reducing dislocation of joints.

### Monitor client outcomes

Nurse practitioners work with their patients to monitor their response to medical interventions, adjust those interventions as needed, and provide ongoing and follow-up care.

## CAN A NURSE PRACTITIONER DO EVERYTHING A DOCTOR CAN DO?

A Nurse Practitioner can do the things that a doctor can do. They do consult with, and are consulted by, doctors. They can also refer you to specialists if needed.

For some seniors, the Nurse Practitioners at Sage may be your primary healthcare provider, rather than a family doctor. For others, Health Services at Sage may complement the existing medical care you receive from your family doctor or other healthcare service providers.

## DO I HAVE TO MAKE AN APPOINTMENT?

No. You can drop-in to Health Services at Sage. But you can also make an appointment with your Nurse Practitioner, just like you would with your doctor. To make an appointment, call **780-423-5510**.

## WILL THERE BE OTHER HEALTH AND WELLNESS SERVICE PROVIDERS AVAILABLE?

Yes. We hope to have the following mobile services available starting in March:

Podiatrist  
Foot Care Nurse  
Dental Hygienist  
Denturist