



# 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](http://www.seochc.on.ca)**

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

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