



News release

Seniors' clinic explains unique health services

Open house at Rouge Valley Centenary on Dec. 9

December 1, 2011 — Rouge Valley Health System's (RVHS) senior-focused assessment clinic, the Geriatric Assessment and Intervention Network (GAIN) Clinic, is hosting its first open house.

The event takes place on Friday, Dec. 9 from 1 to 4 p.m. at Rouge Valley Centenary, 2867 Ellesmere Rd. The clinic is located in the Margaret Birch Wing entrance, on the south side of the building.

Addressing the unique needs of seniors -

"Our clinic addresses the patient from a holistic perspective, and not just their medical needs," explains Cheryl Williams, vice-president of acute care services.

The GAIN Clinic accepts referrals for people generally 75 and older who:

- Live at home or in a retirement residence;
- Have multiple complex medical, functional and psychosocial problems;
- Are at risk for falls or have experienced falls; or
- Have recently experienced a functional or cognitive decline.

The clinic's goal is to help senior citizens live independently in their homes. Since the GAIN clinic first opened to the public a year ago, more than 200 patients have been treated. Patients receive a thorough assessment, sometimes for as long as two hours, to help staff better understand the factors impacting the patient's health.

On average, up to four new assessments and two follow-up visits are done each day in the clinic, which is open Monday to Saturday from 8 a.m. to 6 p.m. Referrals are received from the hospital's emergency departments, family physicians, and patients being discharged from hospital.

While the clinic has been particularly well used in Scarborough, RVHS also hopes to cater to the needs of Durham Region's growing senior population.

"The open house is a great opportunity for the community to come in and connect with our team of professional staff who provide care to our patients. They will be able to see how our senior-friendly clinic functions, and learn on how they can get a referral," Williams says.

Multidisciplinary approach -

Rouge's GAIN clinic is led by a multidisciplinary team which includes; nurse practitioners; Community Care Access Centre case managers; clerical staff; a pharmacist; a social worker; a physiotherapist; and an occupational therapist. The GAIN clinic is located in outpatient rehabilitation at Rouge Valley Centenary, and is part of a Central East Local Health Integration Network (CE LHIN) initiative with the Central East Community Care Access Centre.

The Ministry of Health and Long-Term Care and the CE LHIN are committed to the expansion of geriatric services throughout the area. GAIN clinics have also opened at Lakeridge Health Oshawa, Peterborough Regional Health Centre and The Scarborough Hospital.

To learn more about the GAIN Clinic, visit <http://www.rougevalley.ca/gain-clinic> .

Rouge Valley Health System (RVHS) — The best at what we do.

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, cardiac care and mental health. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians, nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Ajax, Pickering and Whitby.

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