

NEWS RELEASE
Tuesday, January 19, 2016



For immediate release

Seniors Supports Available in Sunrise Health Region

Canadians are currently living longer and between 2006-2011, 26 percent more Canadians reached the age of 100*. Many older adults want to stay in their own home and in their own community, for as long as possible.

There are many things you can do now to “age in place.” Having the health services and social supports you need will help you to live safely and independently in your own home/community for as long as you wish or are able to. Have discussions with your family members to let them know your wishes. For example, plan ahead if you need to relocate, if you are unable to drive find out if public transit available and identify resources that are available in your community for extra support. One of the many resources that Sunrise Health Region has available is Home Care.

Home Care services are available in all communities in the region to assist individuals who wish to have team-based care that is centered on their needs. The aim is to assist individuals to remain independent in their homes and communities with help from family and other care givers. Once a referral or request for services is made, a care plan will be developed by you and an Assessor Coordinator based on your needs, abilities, and availability of services. Home Care will perform only those tasks that you cannot manage for yourself. Help can be provided with bathing, dressing, exercise, and limited assistance is offered with meal preparation and some household tasks. Nursing services are available upon referral by physicians or Nurse Practitioner.

Home Care offers wellness clinics in each of their offices in the region. Services at the clinics include:

- Basic health assessment including monitoring blood pressure, pulse, weight and blood sugar levels when indicated,
- Foot care to maintain good foot health and initiate referrals to chiropodist if required,
- Health counseling and encouragement to seek medical attention for early detection and treatment of problems,
- Medication review and information.

Contact your local Home Care office for more information as times and dates of the clinics vary for each office.

Adult Day Programs are available at many of the special care homes in the region to provide a different option to receive personal care, socialization and recreation for clients who need additional support. When attending the Adult Day Program, you are provided with a meal, a bath and you can partake in activities offered in the facility.

Meals on Wheels is available in Canora, Invermay, Preeceville, Sturgis, Norquay, Pelly, Kamsack, Esterhazy, Melville, Ituna, Theodore, Saltcoats, Langenburg, Foam Lake and Yorkton. Adults who choose to purchase the service can receive a nutritious and well rounded meal every weekday at noon. In many communities these meals are prepared by the food services department at a local Sunrise Health Region facility and are delivered to your home by volunteers.

Respite care may be an option for relief for regular care givers. When utilizing respite care, you can stay in your home or come to a special care unit in the region, where you will receive 24 hour care. Your family can rest knowing that you are receiving wonderful care during the times that they may be away.

All of these services can be accessed by contacting your local Home Care Office for more information. Fees apply for some services including personal care, Meals on Wheels, Adult Day Program and Respite. These services are based on assessed need and are not based on age.

HOME CARE OFFICES:

Canora 306-563-1250

Esterhazy 306-745-6700

Foam Lake 306-272-3338

Ituna 306-795-2911

Kamsack 306-542-2212

Langenburg 306-743-5005 Melville 306-728-7300

Norquay 306-594-2277

Preeceville 306-547-4441

Yorkton 306-786-0711

*according to Statistics Canada (2011)

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For more information, please contact:

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