

How can you get our service?

Anyone can ask for this service or ask to be referred to this service.

This includes:

- you
- your family members
- your doctor or nurse practitioner
- any other health care professionals

All we need is for one of these people to call us.



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Working together for you

How to Reach Us?

Burnaby Home Health Office
400 - 4946 Canada Way

Phone: **604-918-7447 ext. 537476**

Hours: **Monday to Friday
8:00AM to 4:00PM**

Fax: 604-918-7489

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #266087 (May 2019)
To order: patienteduc.fraserhealth.ca



Specialized Community Services Outreach Team

Burnaby

Care for frail adults with complex medical health conditions

Home Health Office

400- 4946 Canada Way, Burnaby

Phone: **604-918-7447 ext. 537476**

Fax: 604-918-7489



Why you might need this service?

As we age and have health problems, our muscles can get weaker, our walking can be slower, and we might feel more tired. We call this being frail.

People with frailty usually have one or more chronic illnesses. They have more problems doing everyday activities, and they can get sick more easily.

How can we help you?

Our Specialized Community Services Outreach Team supports adults living in Burnaby who are frail or have a greater chance of being frail and have complex health conditions.

We focus on helping you:

- ✓ During and after hospital stays to lessen the chances of you needing to return to the hospital.
- ✓ Improve and maintain your health.
- ✓ Stay as independent as possible.
- ✓ Feel confident in caring for yourself at home.

What services do we offer?

We offer two different kinds of services in Burnaby:

1. Reablement Services

We work with adults to enhance their ability to do everyday activities and improve their quality of life. This is a short but focused service to help people who are frail or recovering from an illness or injury.

2. Geriatric Outreach Services

We assess seniors in the community to identify care needs then help them plan and manage their own care so they can live safely at home.



Katarzyna Bialasiewicz/Stock by Getty Images

What can you expect from us?

We like to work with frail adults early in their health journey because we know that, over time, being frail can cause their health to get worse.

Our hope is to:

- ✓ Enhance your journey through the health care system.
- ✓ Give you one point of contact for all your care needs.
- ✓ Make it easy for you to access a wide range of health services.
- ✓ Keep you safe and healthy at home for as long as possible.

We keep your family doctor/nurse practitioner informed about your plan for recovery.

How long can you have this service?

We are here to help you through your experience for up to 12 weeks.

If you are having trouble reaching your goals, we can arrange for other health/community services.