

## Other Community Care Services Available to You

The Community Care Health & Care Network offers residents of the City of Kawartha Lakes a wide range of home and community support, health and wellness, and hospice services, including:

- Meals on Wheels  
705-324-7323
- Foot Care Clinics  
705-879-4100 (push 1)
- Community Dental Clinic  
705-879-4100 (push 2)
- Community Health Centre  
705-879-4100 (push 1)
- Respite Care  
705-324-7323
- Hospice Services  
705-879-4123
- Transportation  
705-324-7323
- Exercises for Seniors  
705-324-7323

... and much more - contact us to discuss.

## Community Care Health & Care Network GAIN Team

33 Lindsay St. S., Unit B  
Lindsay, ON K9V 2L9  
705-879-4112

1-800-461-0327, ext 300

Fax: 705-880-1516

**E-mail:** [gaininfo@ccckl.ca](mailto:gaininfo@ccckl.ca)

**Website:** [www.ccckl.ca](http://www.ccckl.ca)

### Our Location

GAIN offices are at the corner of Lindsay Street South and Glenelg Street. You will find us behind White's of Lindsay and across the street from A Place Called Home.

### GAIN Partners:



ROSS MEMORIAL  
HOSPITAL  
Kawartha Lakes



Peterborough Regional  
Health Centre



seniors care  
network

*Psychiatric  
Assessment  
Services for the  
Elderly (PASE)*



Ontario

Central East Local Health  
Integration Network



## For Frail and At Risk Seniors



Community Care  
Health & Care Network

## What is GAIN?

We help older adults with **complex health concerns** to live at home longer.

GAIN (Geriatric Assessment and Intervention Network) is a system of more than 10 teams located in either a hospital or community organization.

### Health Concerns

GAIN Teams provide assessment and care to older adults dealing with several of these concerns about:

- Memory loss or confused thinking
- Walking and mobility
- Falls or risk of falls
- Bladder and bowel control
- Multiple medications
- Frequent emergency department visits



## Your GAIN Team



Your team of health professionals includes:

- Nurse Practitioner
- Nurse
- Occupational Therapist
- Dietitian
- Pharmacist
- Social Worker
- Care Co-ordinators
- Client Support Workers
- Administrative Support

In addition to the direct care we provide, we also work closely with your doctor or nurse practitioner and other health care providers. We will also connect you with the others services you may need.

## Our Service

GAIN referrals can be made by patients/families, doctors and other health providers.

### What You Can Expect

1. Team member(s) will meet with you and your family to help determine your needs. This assessment involves a physical exam and discussion. It is done using a professional team approach.
2. Together we will make a care plan.
3. We will carry out and, if needed, help you co-ordinate your health care.

