



This program is offered in partnership with the following Community Health Centres and Community Resource Centres:

- Carlington CHC
- Centretown CHC
- Eastern Ottawa CRC
- Pinecrest-Queensway CHC
- Sandy Hill CHC
- Seaway Valley CHC
- Somerset West CHC
- South-East Ottawa CHC
- North Lanark CHH
- Western Ottawa CRC

If you have any questions, call number listed below:



Primary Care Outreach to Seniors

1-844-PCO-5115

1-844-726-5115

pco@seoche.on.ca

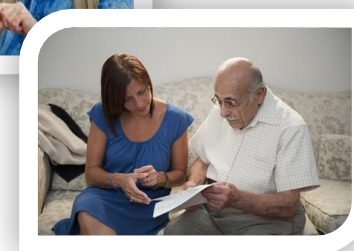
South-East Ottawa
Community Health Centre
Every One Matters.



Centre de santé communautaire
du sud-est d'Ottawa
Chaque personne compte.



HELP FOR SENIORS



Primary Care Outreach to Seniors



Are you or someone you know...

- 65 years of age or over
- worried about falling
- isolated and lonely
- a caregiver who is feeling overwhelmed
- affected by chronic illnesses i.e. diabetes high blood pressure
- wanting to continue to live at home
- worried about not having enough money
- needing help to see a doctor?

If you answered YES to any of these questions, this program is for you.

- A Registered Nurse or Community Health Worker can visit you at home. They will assist and support you to stay in your home.

This project is funded by the Champlain Local Health Integration Network (LHIN)

PCO is a service that can help you...

- stay independent
- gain confidence
- become healthier
- receive support
- reduce stress

