



Managing your health conditions: Online Resources

Please use the following resources to access further information on managing your health conditions. Simply click the blue hyperlinked word or words to be taken off site to a page that provides further information related to that topic.

1. How to start managing your health conditions

[Finding a Family Doctor](#). If you do not have a family doctor you can use this site to locate those accepting new patients.

Different medications and / or health conditions (including dementia) can put you at greater risk for falls – you can use this [survey](#) to see if you should speak to your family doctor about getting referred for services to help prevent falls. There are also free exercise programs that can help improve your strength and balance.

If you are experiencing a number of different health issues, you may want to speak to your family doctor about being referred to a local service to have a geriatric assessment – this assessment is for people aged 65 and over who have a variety of concerns such as:

- Recent changes in physical, mental or functional abilities, changes in memory and / or mood.
- Major changes in support needs, caregiver stress and future planning.
- Safety concerns - physical, psychological, social, environmental.
- Sudden increase in the use of health care services over the last 6 months.

The assessment is focused on how to help people in staying healthy, and becoming more healthy

Community Support services offer a range of services that can help you including support in the home, foot care, transportation, day programs and home maintenance. Follow the link to find out which services are available in your neighbourhood.

Alzheimer societies offer one to one support and can help direct you to the most appropriate resources for your situation.

A Community Care Access Centre program that can help people in the community get the day to day assistance and supervision they require



such as providing reminders and monitoring to ensure they are taking their medication.