

Is SGS the same as Seniors Care?

SGS IS one component of seniors care. Care for seniors is provided effectively in many settings like in doctors' offices, in long-term care homes, through adult day programs and through home care.

SGS is short-term support for more complex cases and in cases where many different types of health care professionals are needed to help develop a plan of care for the senior.

Team members typically include: Specialist Physicians like Geriatricians, Geriatric Psychiatrists, Care of the Elderly Physicians; Nurses; Social Workers; Occupational Therapists; Physiotherapists; Pharmacists; and Clinical Dietitians.

The specific focus of Specialized Geriatric Services is frail seniors and their caregivers.

What is the North Simcoe Muskoka SGS Program?

The North Simcoe Muskoka SGS Program was started in late 2015 under the leadership of the North Simcoe Muskoka Local Health Integration Network (NSM LHIN) and the lead agency, Waypoint Centre for Mental Health Care.

The program has **5 key roles:**



Leadership



Clinical Service



Education & Mentorship

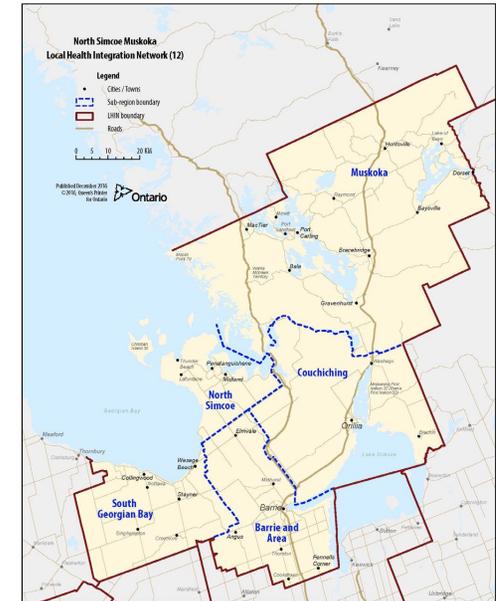


Research & Ethics



Advocacy

The Specialized Geriatric Services Program supports frail seniors and their caregivers in North Simcoe Muskoka.



The goals of the NSM SGS Program are to:

- improve the care and health outcomes for frail seniors and their caregivers;
- build system capacity by increasing the knowledge and skills of health care providers, seniors and their caregivers; and,
- foster system change and building partnerships.

Who is a 'Frail' Senior?

While most seniors live healthy and active lives, some become frail, facing complex health problems that put them at risk of losing their independence, undergoing emergency department visits or hospital admissions, or being prematurely placed in a long-term care home.

These seniors can have multiple chronic medical conditions as well as geriatric syndromes like dementia, falls, weakness and other issues, which can complicate accurate assessment, diagnosis and treatment. Often time there can also be social situations at play which impact the senior's home situation or caregiver supports further complicating care.

It's a bit like a house of cards pull one card out and things start falling apart!



How can SGS help?

According to research, Specialized Geriatric Services can:

- *Prevent avoidable Emergency Department (ED) visits, hospital admissions and premature admission to long-term care.*
- *Prevent avoidable decline among high risk seniors with complex medical and psychosocial problems.*
- *Increase functional ability, independence, and quality of life for seniors and their caregivers.*
- *Improve clinical efficiencies in hospital care.*
- *Enhance capacity of health care providers to assess and treat frail, complex high-risk seniors.*
- *Enable better care coordination.*

INFORMATION

If you or your loved one have questions about your care, speak with your health care provider.

For more information on SGS or to find out more about the developing SGS Program in North Simcoe Muskoka, visit our website www.nsmgs.ca or call us at (705) 417-2192.



What are Specialized Geriatric Services (SGS)?

Specialized Geriatric Services (SGS) are an organized system of hospital and community-based services that specifically support **frail seniors and their caregivers**. Care is provided usually on a short-term basis by an interdisciplinary team of health care professionals.

These professionals have expertise in geriatric medicine and geriatric psychiatry and are able to support the assessment, diagnosis and initial management of issues commonly seen in the frail senior population.