

Seniors and Caregivers –What You Need to Know About GAIN

WHAT IS THE GERIATRIC ASSESSMENT & INTERVENTION NETWORK (GAIN)?

GAIN is a network of coordinated health care services working together clinically and educationally to ensure the best quality of life for frail older adults and their families, with a goal to strengthening the supports and capacity for those older people whose health concerns threaten their ability to live independently at home (including in retirement residences). These interdisciplinary teams work closely with your primary care provider. GAIN teams draw upon the expertise of nurse practitioners, physiotherapists, occupational therapists, social workers, pharmacists, personal support workers, dedicated GAIN/Community Care Access Centre Care Coordinators, collaborating Geriatricians and other specialists.

WHO DOES GAIN SERVE?

GAIN supports older adults living at home or in retirement residences with multiple complex medical problems including:

- Cognitive impairment
- Decreased function
- Falls or risk of falls
- Impaired mobility
- Incontinence
- Multiple medications

If you or your family member are experiencing these changes above and changes in support needs, safety concerns, psychosocial and mental health concerns and frequent health service usage – then consider contacting your nearest GAIN Team.

HOW CAN I ACCESS THE GERIATRIC ASSESSMENT & INTERVENTION NETWORK?

- Referrals are accepted from:
 - ✓ Primary care providers (Doctors and Nurse Practitioners)
 - ✓ Hospitals (e.g. Emergency Departments, upon discharge)
 - ✓ Community organizations
 - ✓ Individuals and caregivers
- To refer, you can fax a consultation request letter to a GAIN Team, including:
 - ✓ Client details (name, age, gender, contact information, family contact, physician name etc.)
 - ✓ Problem statement/reason for referral
 - ✓ Past medical history and copies of relevant tests (e.g. bloodwork, EEG, ECG, MRI, CAT-scan results etc.) (GAIN teams will assist individuals and families to obtain this information)
 - ✓ Complete medication list

Or download our referral form:

[http://www.centraleastlin.on.ca/uploadedFiles/Home_Page/Connected_with_Care/GAIN_Clinic_Referral_form_FINAL
- Mar 19 2013.pdf](http://www.centraleastlin.on.ca/uploadedFiles/Home_Page/Connected_with_Care/GAIN_Clinic_Referral_form_FINAL_-_Mar_19_2013.pdf)

Referrals can be made to any of the following GAIN Teams:

1. **Lakeridge Health Oshawa**, 1 Hospital Court, Oshawa, ON L1G 2B9; Phone: 905-576-8711 ext: 4832; Toll-free: 1-866-338-1778; Fax: 905-743-5311
2. **Oshawa Community Health Centre**, 115 Grasmere Ave, Oshawa, ON L1H 3X7; Phone: 905-723-0036; Fax: 905-723-0757
3. **Peterborough Regional Health Centre – Medical Outpatients**, 1 Hospital Drive, Peterborough, ON K9J 7C6; Phone: 705-743-2121 ext. 5021; Fax: 705-876-5058
4. **Rouge Valley Health System (Centenary Campus)**, 2867 Ellesmere Road, Scarborough, ON M1E 4B9; Phone: 416-281-7446; Fax: 416-281-7082
5. **The Scarborough Hospital (General Campus)**, 3050 Lawrence Avenue E. Scarborough, ON M1P 2V5; Phone: 416-431-8111; Fax: 416-289-2961
6. **St. Paul's L'Amoreaux Centre**, 3333 Finch Ave E, Toronto, ON M1W 2R9; Phone: 416-352-5086; Fax: 416-352-5086
7. **Carefirst Seniors and Community Services Association**, 3601 Victoria Park Ave., Suite 209, Scarborough, ON M1W 3Y3 ; Satellite : 17 - 19 Glen Watford Drive; Scarborough, ON M1S 2B7 ; Phone: 416-847-8941; Fax: 416-847-8942
8. **Community Care City of Kawartha Lakes**, 108 Angeline St. S., Lindsay, ON K9V 3L5; Phone: 705-324-7323; Toll-free: 1-800-461-0327; Fax: 705-324-8411
9. **Port Hope Community Health Centre**, 99 Toronto Road, Port Hope, ON L1A 3S4; Phone: 905-885-2626, ext. 254; Fax: 905-885-6063