



Health Services on Elgin (HSE) – Program Summary

HSE is an interdisciplinary team comprising of **Physiotherapy, Occupational Therapy, Registered Nurses and Community Health Worker** with a focus on a client-centered approach through one-to-one consultation and group education and exercise for individuals 18 years and up. HSE's eligibility criteria will determine suitability for services being offered. The program's boundaries are: north of the Assiniboine River, west of the Red River, south of Inkster Blvd and east of Keewatin St.

Falls Prevention

- ❖ In a group setting, the program is intended to provide education and raise awareness associated with falls, determine fall risk(s) and a detailed fall risk assessment to identify risk factors. This will assist to develop an individualized planning and interventions to focus on falls prevention.
- ❖ Program length: 12 weeks (2 groups comprising of 1 half day sessions per individual client per week).

General Conditioning

- ❖ In a group setting, the program is intended to provide a structured exercise program tailored to suit individual's conditioning goals with emphasis on strength, endurance and flexibility. Upon completion of the group session, home exercise and connection to help facilitate to community programs will be encouraged to sustain physical well-being.
- ❖ Program length: 12 weeks (one half day session per individual per week).

Individual

- ❖ **Physiotherapy**: primarily a consultative approach focusing on strengthening, correction, exercise interventions and mobility assessments. Interventions are short-term for possible 1 to 3 treatment sessions. Please note the intent for this program is not to replace private physiotherapy practice. Individuals are encouraged to pursue private physiotherapy should they have 3rd party insurance.
- ❖ **Occupational Therapy**: provides a functional assessment to help determine equipment needs to improve access and safety with their activities of daily living and general screening for memory by cognitive assessment.
- ❖ **Nursing**: provides footcare, assessment, treatment and follow up; educational services to improving and maintaining individual's health and wellness.
- ❖ **Community Health Worker**: assists individuals navigating health and social systems to promote building relationships, strengthen support networks and supporting a variety of interventions which may influence social determinants of health.

For more information regarding our services, please contact us at 204-940-1637.

Health Services on Elgin

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