BETTER HEALTH OUTCOMES FOR FRAIL SENIORS

The RGP supports health care providers in the delivery of interdisciplinary, senior-friendly, and evidence-based care that optimizes the function and independence of seniors and supports aging in place. This is achieved across the continuum of care through specialized geriatric services.

Specialized Geriatric Services* are health care services that diagnose, treat and rehabilitate frail elders with complex medical, functional and psychosocial problems. Specialized Geriatric Services are provided on a consultative basis by an interdisciplinary team of health professionals in a variety of home, ambulatory, long-term care homes and in-patient hospital settings. The goal of Specialized Geriatric Services is to reduce the burden of disability by detecting and treating reversible conditions and optimizing management of chronic conditions.

Affiliated with the University of Toronto, the RGP is also a source of information and educational services for professional and family caregivers and for seniors themselves.

This brochure is designed to enable health care professionals to increase awareness of the services offered by each of the 24 participating organizations within the RGP Network.

*Specialized Geriatric Services are covered by the Ontario Health Insurance Plan
The following diagnostic, treatment and rehabilitative services are provided on a consultative basis designed to support and enhance the work of family physicians and other attending health professionals.

**OUTREACH**
Comprehensive assessments in the older person’s home or long-term care facility are conducted by one or two health care professionals in geriatric medicine, nursing, social work, psychiatry, physiotherapy, occupational therapy and/or speech language pathology.

**OUTPATIENT GERIATRIC SERVICES**
Clinics are used to assess, treat and monitor elderly persons who can travel to the hospital. Some persons receiving RGP Outreach Visits may have their first contact with a geriatrician in a clinic setting.

**GERIATRIC DAY HOSPITALS**
These hospital-based ambulatory programs provide diagnostic, rehabilitative or therapeutic services to persons living at home or in a long-term care facility. Attendance is usually two days per week for several months.

**ACUTE GERIATRIC UNITS**

**GERIATRIC REHABILITATION UNITS (GRU)**
Inpatient units for persons who require an individualized assessment and rehabilitation program for a period of one to three months.

**GERIATRIC ASSESSMENT AND TREATMENT UNITS (GATU)**
Inpatient units for persons with complex medical conditions who require an individualized assessment and rehabilitation program for a period of four to six weeks.

**INTERNAL CONSULTATION TEAMS**
Multi-disciplinary teams provide consultation and assessment of patients in the participating facilities.

**PSYCHOGERIATRIC SERVICES**
Psychogeriatrician provides assessment and treatment for those elderly persons who may have behavioural or psychosocial issues (i.e. depression, anxiety, psychosis, dementia).

**GERIATRIC EMERGENCY MANAGEMENT**
Consultation by a specialized geriatric health professional in the emergency room providing assessment, diagnosis, identification of “at risk” elderly, initiating appropriate treatment, and networking with community and primary care.

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**WHEN TO MAKE A REFERRAL**
Referrals are made to a specialized geriatric service for frail elderly persons whose health, dignity and independence are at risk due to:
- multiple and complex medical and psycho-social problems
- a recent unexplained breakdown in health and/or level of function (or high risk for such breakdown)
- risk of losing the capacity for independent living

Some examples of issues that might prompt a referral include:
- cognitive impairment
- incontinence
- depression
  - osteoporosis
- elder abuse
  - polypharmacy
- falls

**HOW TO MAKE A REFERRAL**
Call the hospital referral number (see list on following pages) for information on how to complete your referral. The following diagnostic, treatment and rehabilitative services are provided on a consultative basis designed to support and enhance the work of family physicians and other attending health professionals.
BAYCREST
• Outreach
• Day Hospital
• Outpatient Clinic
• GATU
• GRU
• Psychogeriatric Services
Tel: 416-785-2488
Fax: 416-785-2409

BRIDGEPOINT HEALTH
• ALC (assessment and treatment inpatient unit)
• Day Hospital (Rehabilitation)
• Geriatric Rehabilitation Unit (Slow stream)
Tel: 416-461-8252 ext. 2064
Fax: 416-461-5499

HUMBER RIVER REGIONAL HOSPITAL (FINCH / CHURCH)
FINCH SITE:
• Transitional Care Unit
• Acute Care for the Elderly Unit
• Internal Consult
• Outpatient Clinic
• Psychogeriatric Consultation
Tel: 416-747-3748
Fax: 416-747-3802
• Geriatric Emergency Management
Tel: 416-744-2500 ext 2003

CHURCH SITE:
• Transitional Care Unit
• Geriatric Assessment and Treatment Unit
• Internal Consult
• Outpatient Clinic
• Psychogeriatric Consultation
Tel: 416-663-4124
Fax: 416-245-1166

NORTH YORK GENERAL HOSPITAL
• Outreach
• Day Hospital
• Outpatient Clinic
• Acute Geriatric Unit
• Internal Consult
• Geriatric Emergency Management
Tel: 905-883-1212 ext 1-7133
• Psychogeriatric Services for Outreach
Tel: 416-756-6050
Fax: 416-756-3144

PROVIDENCE HEALTHCARE
• Outreach
• Outpatient Clinic
• GATU/GRU
• Internal Consult
• Psychogeriatric Services
Tel: 416-285-3665
Fax: 416-285-3663

ROUGE VALLEY HEALTH SYSTEM (ROUGE VALLEY CENTENARY)
• Adult Day Program /Seven Oaks
Tel: 416-281-7023
Fax: 416-392-3579
• Geriatric Assessment and Treatment Unit
• Geriatric Rehabilitation
Tel: 416-284-8131 ext. 7377
Fax: 416-281-7354
• Geriatric Inpatient Consult Team
Tel: 416-284-8131 ext. 4696
Fax: 416-281-7105
• Psychogeriatric Outreach Program
Tel: 416-284-8131 ext 5241
Fax: 416-281-7320
• Geriatric Emergency Management
Tel: 416-284-8131 ext 4692
Fax: 416-281-7288

ST. JOHN'S REHABILITATION HOSPITAL
• Outpatient Clinic
• Internal Consult
• Psychogeriatric Services
Tel: 416-226-6780 ext. 7107
Fax: 416-226-6265

SUNNYBROOK HEALTH SCIENCES CENTRE
• Outreach
• Day Hospital
• Outpatient Clinic
• Acute Geriatric Unit
• Internal Consult
• Geriatric Emergency Management
Tel: 416-480-6888
Fax: 416-480-4778

ST. JOSEPH'S HEALTH CENTRE
• Elderly Community Health Services
  -Outreach -Outpatient Clinic
• Internal Consult
• Geriatric Emergency Management
• Psychogeriatric Services
• Inpatient Transitional Unit
Tel: 416-530-6770
Fax: 416-530-6472

ST. MICHAEL'S HOSPITAL
• Outpatient Clinic
• Acute Geriatric Unit
• Internal Consult
• Geriatric Emergency Management
• Psychogeriatric Services
Tel: 416-864-5015
Fax: 416-864-5735
• Geriatric Emergency Management
Tel: 416-864-5605

THE SCARBOROUGH HOSPITAL (GRACE/GENERAL)
GRACE SITE:
• Outpatient clinics
  (includes Seniors’ Health Link)
• Acute Geriatric Unit

GRACE AND GENERAL sites:
• Acute Care for Elderly Unit,
• Emergency Management
• Internal Consult
• Psychogeriatric Outreach
Tel: 416-431-8111
Fax: 416-431-8105

TORONTO EAST GENERAL HOSPITAL
• Geriatric Clinic
Tel: 416-469-6464
Fax: 416-469-6164

TORONTO REHABILITATION INSTITUTE
• Day Hospital
• Outpatient Clinic
• GRU
Tel: 416-597-3422 ext 3038
• Psychogeriatric Clinic and Outreach (TRI and UHN integrated)
Tel: 416-597-3422 ext.3099
Fax: 416-597-7065

TRILLIUM HEALTH CENTRE (MISSISSAUGA/QUEENSWAY)
For Trillium, Queensway (Etobicoke) information, see Peel Region section on page 4.

UNIVERSITY HEALTH NETWORK (TORONTO WESTERN / TORONTO GENERAL / PRINCESS MARGARET)
• Outpatient Clinic
• Acute Geriatric Unit
• Internal Consult
  (General and Western sites)
See Toronto Rehabilitation Institute for contact information

WILLIAM OSLER HEALTH CENTRE (ETOBICOKE)
• Geriatric Assess Clinic
Tel: 416-747-3400 ext. 2450
• GRU
Tel: 416-747-3400 ext.3450
Fax: 416-747-7065

WEST PARK HEALTHCARE CENTRE
• Geriatric Functional Enhancement Service
Tel: 416-243-3600 ext. 4030
Fax: 416-243-8397

ST. JOSEPH'S HEALTH CENTRE
• Elderly Community Health Services
  -Outreach -Outpatient Clinic
• Internal Consult
• Geriatric Emergency Management
• Psychogeriatric Services
• Inpatient Transitional Unit
Tel: 416-530-6770
Fax: 416-530-6472

ST. MICHAEL'S HOSPITAL
• Outpatient Clinic
• Acute Geriatric Unit
• Internal Consult
• Geriatric Emergency Management
• Psychogeriatric Services
Tel: 416-864-5015
Fax: 416-864-5735
• Geriatric Emergency Management
Tel: 416-864-5605

THE SCARBOROUGH HOSPITAL (GRACE/GENERAL)
GRACE SITE:
• Outpatient clinics
  (includes Seniors’ Health Link)
• Acute Geriatric Unit

WILLIAM OSLER HEALTH CENTRE (ETOBICOKE)
• Geriatric Assess Clinic
Tel: 416-747-3400 ext. 2450
• GRU
Tel: 416-747-3400 ext.3450
Fax: 416-747-3506
PEEL REGION

THE CREDIT VALLEY HOSPITAL
- Outpatient Geriatric services
- Geriatric General Rehabilitation Day Hospital
  Tel: 905-813-4481
  Fax: 905-813-4229
- Geriatric/General Rehabilitation
  Tel: 905-813-4410
  Fax: 905-813-3964
- Geriatric Emergency Management
  Tel: 905-813-5062
  Fax: 905-813-1100 ext 5785
- Inpatient Consult Team

SOUTHLAKE REGIONAL HEALTH CENTRE
- Geriatric Rehabilitation Unit
  Tel: 905-895-4521
  Fax: 905-830-5972

YORK REGION

MARKHAM STOUFFVILLE HOSPITAL
- Outpatient Clinic
  Tel: 905-472-7525
  Fax: 905-472-7134
- Internal Consult
  Tel: 905-472-7525
  Fax: 905-472-7134

TRILLIUM HEALTH CENTRE (MISSISSAUGA/WEST TORONTO)
MISSISSAUGA SITE:
- Psychiatric Consultation Liaison Team (internal)
  Tel: 905-848-7580 ext 2289
  Fax: 905-848-7368
- Geriatric Mental Health Outreach Services
- Geriatric Mental Health Clinic
  Tel: 905-848-7572
  Fax: 905-848-7960
- Geriatric Mental Health Inpatient Unit
  Tel: 905-848-7589
  Fax: 905-848-7602
- Seniors’ Health Internal Consult Team
  Tel: 905-848-7507
  Fax: 905-804-7791

WEST TORONTO:
- Geriatric Mental Health Outpatient Services
  Tel: 416-259-7580 ext. 5262
  Fax: 416-521-4072
- Geriatric Emergency Management Nurse
  Tel: 416-521-4196
  Fax: 416-521-4082

ROYAL VICTORIA HOSPITAL
- Healthy Aging Clinic
- Internal Consult
  (Healthy Aging Support and Education Team – HASE)
- Cognitive Assessment and Support Service (Clinic)
  Tel: 705-739-5669
  Fax: 705-728-2408

SIMCOE COUNTY

ROYAL VICTORIA HOSPITAL
- Healthy Aging Clinic
- Internal Consult
  (Healthy Aging Support and Education Team – HASE)
- Cognitive Assessment and Support Service (Clinic)
  Tel: 705-739-5669
  Fax: 705-728-2408

TRILLIUM HEALTH CENTRE (MISSISSAUGA/WEST TORONTO)
- Psychiatric Consultation Liaison Team (internal)
  Tel: 905-848-7580 ext 2289
  Fax: 905-848-7368
- Geriatric Mental Health Outreach Services
- Geriatric Mental Health Clinic
  Tel: 905-848-7572
  Fax: 905-848-7960
- Geriatric Mental Health Inpatient Unit
  Tel: 905-848-7589
  Fax: 905-848-7602
- Seniors’ Health Internal Consult Team
  Tel: 905-848-7507
  Fax: 905-804-7791

YORK CENTRAL HOSPITAL
- Outpatient Clinic
  Tel: 905-883-1212 ext 3889
  Fax: 905-883-2111
- Internal Consult

DURHAM REGION

LAKERIDGE HEALTH CORPORATION (WHITBY)
- Geriatric Assessment and Rehab Unit
  Tel: 905-668-6831 ext. 3014
  Fax: 905-741-4772
- Geriatric Day Hospital
  Tel: 905-668-6831 ext. 3368
  Fax: 905-721-4746
- Falls Clinic
  Tel: 905-668-6831 ext. 3107
  Fax: 905-668-8279

WHITBY MENTAL HEALTH CENTRE
- Seniors’ Mental Health Program:
  • Seniors Mental Health Unit
  • Seniors Mental Disorder Unit
  • Seniors Community Outreach Program
  905 668-5881 (ext 6298)
  • Memory Clinic
    (Whitby & York Region)
  905 668-5881 (ext 6531)
  Fax 905 430-4465
  Toll Free 1800 341-6323

YORK REGION

MARKHAM STOUFFVILLE HOSPITAL
- Outpatient Clinic
  Tel: 905-472-7525
  Fax: 905-472-7134
- Internal Consult
  Tel: 905-472-7525
  Fax: 905-472-7134

SOUTHLAKE REGIONAL HEALTH CENTRE
- Geriatric Rehabilitation Unit
  Tel: 905-895-4521
  Fax: 905-830-5972

TRILLIUM HEALTH CENTRE (MISSISSAUGA/WEST TORONTO)
- Psychiatric Consultation Liaison Team (internal)
  Tel: 905-848-7580 ext 2289
  Fax: 905-848-7368
- Geriatric Mental Health Outreach Services
- Geriatric Mental Health Clinic
  Tel: 905-848-7572
  Fax: 905-848-7960
- Geriatric Mental Health Inpatient Unit
  Tel: 905-848-7589
  Fax: 905-848-7602
- Seniors’ Health Internal Consult Team
  Tel: 905-848-7507
  Fax: 905-804-7791

YORK CENTRAL HOSPITAL
- Outpatient Clinic
  Tel: 905-883-1212 ext 3889
  Fax: 905-883-2111
- Internal Consult

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