

A Proactive Approach to Health and Wellness for Seniors

Your Registered Nurse Care Manager will make scheduled home visits to evaluate just how effectively your loved one is coping. Our aim is to help elderly individuals remain independent, by addressing physical and mental health conditions, while assessing unmet needs. The advantage is early detection and timely implementation of support to avoid ER visits and unnecessary suffering. This holistic service allows for professional oversight and care planning that honours personal goals while monitoring safety and security.

Our proactive approach is perfect for loved ones who live far apart. Often seniors don't share their challenges for fear of worrying their busy family, or because they don't want to be moved to a retirement residence. Each package has been designed to provide the level of support that addresses your concerns, and can be adjusted to adapt to the changing needs of your loved one.

\$175 per month **Monthly** Health and Wellness Package

- Physical assessment, vital signs, evaluation of psychosocial needs
- Medication review and evaluation of symptom relief and chronic disease management
- Evaluate mobility, hygiene, nutrition, elimination, cognition
- Oversight of special care needs such as oxygen, physio, wound care
- Liaise with personal caregivers, focusing on unique needs and goals of care
- Connect with family physician and specialists as needed
- Referral to allied healthcare providers when required

Visit monthly plus phone call with senior twice per month
Monthly phone call with family member/POA post RN visit
Up to date visit notes in Electronic Health Record (EHR) for patient/family/POA

\$300 per month **Twice a Month** Health and Wellness Package

Everything in monthly package with additional support:

- Visit twice per month plus phone call with senior twice per month
- Phone call with family member/POA twice per month post RN visit
- Up to date visit notes in EHR for patient/family/POA

\$500 per month **Weekly** Health and Wellness Package

Everything in monthly package with additional support:

- Weekly visit and weekly phone call with senior
- Weekly phone call with family member/POA post RN visit
- Up to date visit notes in EHR for patient /family/POA

Regular wellness visits may be essential for your peace of mind, knowing your loved one is receiving the professional support they deserve. Call us to learn more and to determine if Nurse On Board, and our proactive approach to care, is a good fit for your needs.