



Calling all seniors—and caregivers to seniors—living in West Northumberland, Ontario: The PATH project needs your input!

Thanks to funding from The Change Foundation, hundreds of local seniors and caregivers have come together in Northumberland with healthcare providers at 12 health and social care organizations to work on PATH: *Partners Advancing Transitions in Healthcare*.

Together, we are re-thinking and testing NEW ways for seniors and caregivers to move in, out of and across Ontario's complicated healthcare system, take control of their healthcare needs and live the highest possible quality of life, at home, for as long as possible.

Northumberland's hard work is paying off.

Working together as equal partners—participating seniors, caregivers, healthcare providers and support agencies— we've launched a website prototype, www.pathwaytoagingwell.com, to help people plan for aging.

We've developed new mobile and web technology, that, as you read this, is allowing seniors right here in Northumberland to:

- control their own health information;
- share health information with their healthcare providers (without repeating the same story, over and over again);
- communicate directly to their healthcare providers (from the comfort of their own home); and
- monitor chronic conditions, such as diabetes, to better track/monitor the conditions that are important to them and their doctors.

We've recruited and trained **Volunteer Transition Coaches** to work with seniors involved in PATH, and help them get the most of the local healthcare system and the project.

But there is still work to do!

With just months left in the project, we are looking for more seniors and caregivers to take part.

Who is eligible to participate?

If all of the following apply to you, OR you are the caregiver for someone who can answer yes to each of the following, you are eligible.

- 1) You are 65 years of age or older
- 2) You have at least one chronic condition (e.g. diabetes, cardiovascular disease, cancer, osteoporosis, congestive heart failure, chronic obstructive pulmonary disease, arthritis)
- 3) You live in West Northumberland (Port Hope, Cobourg, Hamilton Township,

Alnwick/Haldimand Township/Alderville, Colborne/Cramahe Township)

- 4) You have experienced a minimum of one healthcare transition in the past year (e.g., you transitioned from hospital to home, from your family physician to a specialist, etc.)

What will volunteers be asked to do?

NEW volunteers will be invited to help test:

- 1) The new PATHway to Aging Well website, containing information, resources, and a personal planning kit to help 'age well'
- 2) Technology that allows seniors to
 - control their own health information
 - ensure healthcare providers understand their priority needs
 - share health information directly with their healthcare providers
 - monitor their own health and track the things that are important to them
- 3) Working with a Transition Coach (a volunteer trained to help seniors and/or their caregivers)

Attendance at two education sessions, each approximately 90 minutes in length, is required. Limited spaces are available, so please contact us as soon as possible. Simply leave a message with your name, phone number and reference this newsletter!

Thank you to all who have brought their voice to PATH thus far, and thank you in advance to those expressing new interest!

