



Supporting older adults to live well at home

Fairview Community's **new** Nursing Home Without Walls (NHWW) program connects older adults to community supports and services to help them live well at home.

Who qualifies for the program?

Older adults, aged 55+, who need access to services, programs and transportation to live independently in their own home.

Do I need a referral?

You can refer yourself or you can be referred by physicians, health care professionals, your hospital, your family or your caregiver.

What is the process?

It all begins with a personal service plan. We will meet with you in your home to get to know you, understand what matters most and identify where additional support may be helpful. Together, we will tailor your unique plan to help you to continue living confidently in the home you love.

Is there a cost?

Fairview's Nursing Home Without Walls services are offered at no cost. Some community programs and services that may become part of your plan may have associated fees.

What services and programs are included?

Your plan is unique to you and your caregiver, if any. Services and programs are available in the community and at Fairview to support physical, mental, social, spiritual and emotional well-being, including:

- ✓ **At Home:** Coordinating care services, wellness calls, medication management and grocery shopping support.
- ✓ **Practical Help:** Transportation, coordinating appointments and help filling out forms.
- ✓ **Health & Wellness:** Pool and gym fitness classes, falls prevention education, memory care, disease management and personal care appointments.
- ✓ **Social & Community:** Congregate dining, lunch and learns, social activities and Meals on Wheels.
- ✓ **For Caregivers:** Respite programs, social opportunities and education.



Who do I contact?

Fairview Community
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