



# New Brunswick Extra-Mural Program



## Services for seniors

Most seniors want to stay at home as independently as possible despite their health condition. The Extra-Mural Program (EMP) is here to help you do that.

We provide home health-care services to seniors who have a range of illnesses, injuries, chronic (long term) conditions or palliative (end of life) care needs.

Our team will work closely with you, your family, caregivers and family doctor to deliver the health-care services best suited to your needs.

## We can help when...

- ✓ you need help monitoring and managing a chronic disease like arthritis, chronic obstructive pulmonary disease (COPD), diabetes, and/or dementia;
- ✓ you are experiencing multiple hospitalizations;
- ✓ you are experiencing falls;
- ✓ you are having difficulties with daily activities (bathing, dressing, preparing meals and walking) because of your health condition;
- ✓ your family and caregivers need help to care for you;
- ✓ you require information to organize your health-care needs and find services in the community so you can safely live at home;
- ✓ you are on multiple medications and require help understanding when and how to take them properly;
- ✓ you have post-surgical care needs;
- ✓ you require end of life care at home.

## Am I covered?

The EMP services are publicly funded and provided by the staff of the Regional Health Authorities.

## How can we help?

Every senior has unique care needs, and may need the support from one or more EMP professional. For example:

**Nurses** can help monitor your health, assist you with understanding your medications and provide education and treatment for health issues like diabetes, pain and symptom management for cancer and other illnesses. (Nurses are available to help you 24 hours a day, seven days a week).

**Respiratory therapists** can help assess your breathing and provide education, monitoring and symptom support if you have COPD or other lung, breathing problems.

**Occupational therapists** can help you protect your joints and conserve energy (e.g. if you suffer from arthritis or COPD) or recommend changes to your home that will make your daily activities like bathing, dressing and eating, safer for you.

**Physiotherapists** can provide you with education and recommend balance and strengthening exercises to reduce your risk of falls, decrease pain, stiffness, and increase your mobility and safety.

**Speech-language pathologists** can provide you with education and treatment to make it easier to communicate with your loved ones and lower your risk of choking after a stroke, brain injury or other health conditions.

**Social workers** can help you and your caregivers cope with changes in your ability to function due to the stress of your illness, medication and/or treatments.

**Dietitians** can help you develop dietary/eating plans related to your health condition (e.g. diabetes, cancer, stroke) and recommend ways to reduce the risk of choking, dehydration and malnutrition.

## EMP Partners

We work with Social Development and other community agencies and will help you coordinate services to support your safety and independence at home.

## How to access services

For more information regarding how we can assist you, please talk with your family doctor or call your local EMP office.