



**Are you aged 60 or older and interested in staying *healthier at home for longer*? If so, Health TAPESTRY might be for you!**

## What is Health TAPESTRY?

In this program, trained volunteers visit your home to ask you about your health needs and goals. This information is then shared with your health care team, who will support you in reaching your goals and in connecting with resources in your community.

## Who should join?

People aged 65 and over. You do not need to have any specific condition. Health TAPESTRY can support you at any point in your health care journey, including helping you work to ensure there are fewer issues in the future.

## Why should I join?

We know Health TAPESTRY works. . . Here are the research results. In a large study in Hamilton, participants had fewer hospitalizations, spent less time sitting, and spent more time walking. The program allows your health care team to learn about your health needs and goals, helping you experience a healthier life through their support and the support of volunteers.

## How do I sign up?

See the contact information below, or talk to your provider at your next visit.

**For more information, visit [www.healthtapestry.ca](http://www.healthtapestry.ca)**

## Contact



**DUFFERIN AREA  
FAMILY HEALTH TEAM**

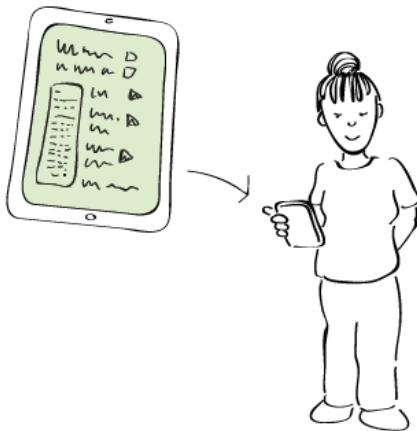
**1** Trained volunteers visit you at home.



**2** The volunteers get to know you. They ask questions about your life, health goals and health needs. They record your answers digitally.



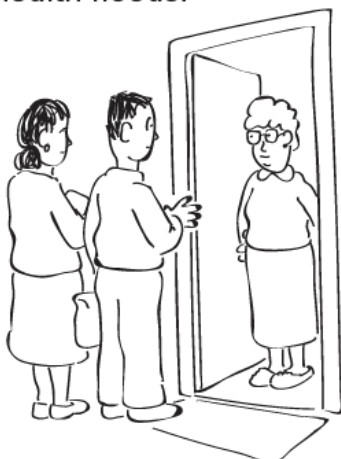
**3** Your answers are sent to your health care team.



**4** Your health care team creates a care plan for you, to help with any health needs and to support you in your health goals.



**5** Your health care team and volunteers will follow this plan with you to help reach your health goals and address your health needs.



HEALTH  
TAPESTRY

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