

## Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

## Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

## Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

## Our values

Our actions are guided by five equal and interconnected values:

- Compassion;
- Collaboration;
- Commitment;
- Confidence;
- Consistency.

# MY HOME, MY CHOICE!

## IDENTIFYING SENIORS AGE 75 AND OVER

To better guide you



[www.santemo.quebec](http://www.santemo.quebec)

# The well-being of seniors is everyone's business

The Centre intégré de santé et de services sociaux (CISSS) de la Montérégie-Ouest, in collaboration with community organizations and various community partners, has set up a project to identify seniors age 75 and over who need help maintaining their independence. The main goal is to help people stay at home safely, for as long as possible, while enjoying a good quality of life.

## Questionnaire on autonomy for seniors age 75 and over

This short, simple questionnaire, which was designed for people age 75 and over, will help us to identify any needs you may have. Based on your answers, we can also provide you with information about resources available in your community or refer you to your local CLSC for home care, if needed. Every effort is made to keep you at home for as long as possible.

### Seniors are identified based on the questionnaire, which is:

- given out by our partners;
- available at several of our facilities;
- available on the [Santé Montérégie Portal](http://www.reperagemcmc.ca) at [www.reperagemcmc.ca](http://www.reperagemcmc.ca).

### Once completed, detach the questionnaire and return it:

- by mail to one of the following addresses:  
**Jardins-Roussillon and Haut-Saint-Laurent sector – Équipe de repérage DPSAPA**  
90 boul. Marie-Victorin  
Candiac (QC) J5R 1C1
- Suroît and Vaudreuil-Soulanges sector – Équipe de repérage DPSAPA**  
3031 boul. de la Gare, 4<sup>th</sup> floor  
Vaudreuil-Dorion (QC) J7V 9R2
- to the person who gave it to you;
- to your local CLSC;
- to the designated drop-off box;
- to the following email address: [reperagemcmc@ssss.gouv.qc.ca](mailto:reperagemcmc@ssss.gouv.qc.ca).

For more information: [www.reperagemcmc.ca](http://www.reperagemcmc.ca)

When filling out the questionnaire, write the first thing that comes to mind: There are no wrong answers!

First name: \_\_\_\_\_  
Last name at birth: \_\_\_\_\_  
Date of birth: Yr / M / D Phone number: \_\_\_\_\_  
City/municipality: \_\_\_\_\_

Questions	Circle	
	Yes	No
1. Are you 85 years old or older?	Yes	No
2. Male?	Yes	No
3. In general, do you have any health problems that require you to limit your activities?	Yes	No
4. Do you need someone to help you on a regular basis?	Yes	No
5. In general, do you have any health problems that require you to stay at home?	Yes	No
6. In case of need, can you count on someone close to you?	Yes	No
7. Do you regularly use a cane, a walker or a wheelchair to move about?	Yes	No

PRISMA-7 Questionnaire, Version 2012. Michel Raïche, Réjean Hébert and Marie-France Dubois, Centre d'expertise en santé de Sherbrooke.

Only people who meet certain criteria will be contacted by the team for a more accurate assessment of their needs. The senior's signature represents their consent to a telephone follow-up.

Did you fill out the form yourself?

Yes  No

Signature of the senior: \_\_\_\_\_

Date: Yr / M / D

