



# SENIOR HEALTH

## At-A-Glance Options At Kaiser Permanente In Santa Clara.

### INDIVIDUAL APPOINTMENTS

<b>Life Care Planning Appointment</b> (Adults age 18-84 without a serious illness)	An appointment with a Health Educator to learn how to complete an <b>Advance Health Care Directive</b> , the qualities of a well-chosen health care agent, the steps for making the document legally valid, and ways to submit it to Kaiser Permanente.	Health Education <b>408-851-3800</b>
<b>Life Care Planning Conversation</b> (Adults age 85+ or serious illness, e.g. Cancer)	A Life Care Planning conversation with a trained facilitator (Physician, RN or Social Worker) allows you (and your designated decision-maker) to have a more in-depth discussion about your personal values. This will help us ensure that you receive the care you want if you are unable to speak for yourself. This conversation may also result in the completion of a Physician Order for Life-Sustaining Treatment ( <b>POLST</b> ) form.	Life Care Planning <b>408-851-4610</b>
<b>Health Education</b>	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, diabetes care, urinary incontinence, and stress management. Video and phone appointments are available.	Health Education <b>408-851-3800</b>
<b>Nutrition Consultation</b>	Registered Dietitians help you learn healthy food choices to control and improve conditions such as irritable bowel syndrome, food allergies, diabetes, obesity, high cholesterol, and high blood pressure. Video and phone appointments are available.	Health Education <b>408-851-3800</b> <b>Doctor referral</b>

### ONLINE CLASSES

<b>Life Care Planning (Advance Directive)</b>	Life Care Planning begins with choosing a health care agent who can speak for you, in the event you are unable to communicate for yourself, so that your values and wishes regarding health care are known.	Health Education <b>408-851-3800</b> kp.org/lifecareplan Register at kp.org/appointments
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### ONLINE RESOURCES

<b>Pain Management</b>	Tools and information on managing chronic pain, arthritis, back pain, Fibromyalgia, headaches, and other pain.	Search "https://mydoctor.kaiserpermanente.org/ncal/Images/04541PainReliefRev10.13CL_tcm75-697714.pdf"
<b>Mom's Meals™ NourishCare</b>	Nutritionally complete meals delivered to your home fresh, no matter where you live.	momsmeals.com <b>888-860-9424</b>
<b>Bladder Control for Women</b>	Learn how to improve bladder control.	<a href="https://healthy.kaiserpermanente.org/northern-california/health-wellness/videos/conditions-diseases/female-bladder-control">https://healthy.kaiserpermanente.org/northern-california/health-wellness/videos/conditions-diseases/female-bladder-control</a>
<b>ChooseHealthy™</b>	Save on services from a national network of complementary health care providers, fitness facilities and exercise centers.	choosehealthy.com <b>1-877-335-2746</b>