

SENIOR HEALTH

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

INDIVIDUAL APPOINTMENTS

Health Education	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. In person, video, and phone appointments are available.	Health Education 408-851-3800
Nutrition Consultation	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. In person, video, and phone appointments are available.	Health Education 408-851-3800 Doctor referral
Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514 kp.org/healthcoach

IN-PERSON CLASSES

Life Care Planning (Advance Directive)	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. Offered as a class, an individual appointment with a certified Life Care Planning Facilitator, and online.	Health Education 408-851-3800 kp.org/lifecareplan Online registration available at kp.org/appointments
Fall Prevention	One session class. Learn about the causes of falls, home safety tips, and exercises to improve strength, balance, and coordination.	Health Education 408-851-3800
Memory Center Introduction Class	One session class. This class introduces the Memory Center and what you can expect from a visit. It also covers topics such as normal age-related changes including symptoms of dementia. <i>Held each Thursday from 1-2pm.</i>	Doctor or Self-Referral 408-530-6900
Behavior Management for Caregivers of Patients with Dementia	One session class. This class will address the most common types of problems caregivers encounter. It helps understanding why the behavior is occurring and how to reduce/prevent in order to help cope.	Senior Health and Memory Center 408-530-6900

ONLINE RESOURCES

Pain Management	Tools and information on managing chronic pain, arthritis, back pain, Fibromyalgia, headaches, and other pain.	kp.org/pain
Mom's Meals™ NourishCare	Nutritionally complete meals that are fresh-delivered to your home, no matter where you live. Offered to Kaiser Permanente members at a discounted price and includes free shipping.	momsmeals.com 888-860-9424
Bladder Control for Women	Learn how to improve bladder control.	kp.org/video
Fall Prevention	Find out the main causes of falls and what you can do to prevent them.	kp.org/video
ChooseHealthy™	Save on services from a national network of complementary health care providers, fitness facilities and exercise centers.	choosehealthy.com 1-877-335-2746