

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

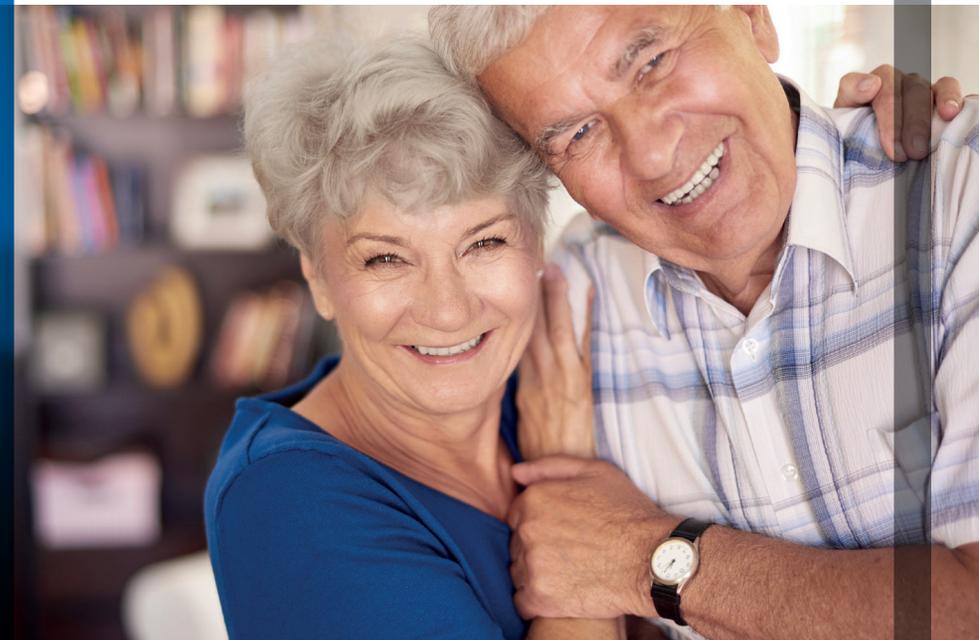
Our actions are guided by five equal and interconnected values:

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

AT HOME... IT'S MY CHOICE!

QUESTIONNAIRE ON HEALTH AND AUTONOMY

What you need to know



www.santemo.quebec

Resources close at hand for maintaining your autonomy

A community-based fact-finding mission was launched at the Centre intégré de santé et de services sociaux (CISSS) de la Montérégie-Ouest in collaboration with advisory groups for seniors and local organizations. Our main goal is to do whatever we can to help people stay safely in their homes for as long as possible, so as to enhance their quality of life. You'll be surprised by all the services you can benefit from.

At home... it's my choice!

Did you know that many services exist near you?

- Home help (cleaning, laundry, meals, etc.)
- Meals on Wheels (meals delivered at home)
- Rest
- Recreation
- Transport
- And much more...

Autonomy Questionnaire for seniors 65+

This short, simple questionnaire is intended for people aged 65+ as a preventive measure. It will enable you to identify any needs, large or small, for reference purposes as well as for direct help.

While you're at your activities sessions, volunteers or health professionals can give you this questionnaire and send it on to our CLSC research team. It will also be available at several CISSS facilities in Montérégie-Ouest and at various community organizations.

There are no right or wrong answers—your answer is all that matters. Tell us spontaneously whatever you think, and give this document to the person who passed it to you, or to the CLSC nearest you. Note that all information collected remains confidential.

Autonomy Questionnaire for seniors 65+

Staff in the various centres must mail this questionnaire to one of the following addresses:

**CLSC Kateri -
SAPA Research Team**
90 Marie-Victorin Boulevard
Candiac QC J5R 1C1

**CLSC et Centre de services ambulatoires de
Vaudreuil-Dorion - SAPA Research Team**
3031 de la Gare Boulevard, 4th Floor
Vaudreuil-Dorion QC J7V 9R2

Please fill in all spaces.

First name: _____		
Last name at birth: _____		
Phone number: _____		
Date of birth: <u> </u> / <u> </u> / <u> </u>		
City/municipality: _____		
Questions	Circle	
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
Number of «Yes» and «No»		
<small>PRISMA-7 Questionnaire - Version 2012 - Michel Raïche, Réjean Hébert et Marie-France Dubois - Centre d'expertise en santé de Sherbrooke</small>		

Your signature signifies your consent for a telephone follow-up by the CLSC to inform you of the services available both in the community and at your CLSC. There are certain criteria for eligibility.

Signature: _____ **Signed on:** / /