2) Look at the big picture
It is important for people to consider how all of their illnesses and possible treatments may or may not work together, and take only those steps that will help them improve or maintain their overall health.

3) Carefully explore risks and benefits
The best health care decisions are made only after full consideration of the long term risks and benefits. We believe that patients and families can only make the right plan if they know how severe an illness is, how it will progress, and how it may shorten life.

4) Ask the right questions
We will teach patients and families how to weigh the risks and benefits of possible treatments using a defined set of questions and provide them with the skills they need to make decisions now and in the future.
What is the PATH Clinic?

PATH is a service for older adults with serious health problems. The PATH clinic staff can help you and your family:

• make health care decisions that reflect your values;
• manage your symptoms;
• assess the risks and benefits of possible treatments; and
• understand and anticipate what lies ahead.

When health problems get worse, or new ones come along, frail people and their families must decide whether or not to go ahead with treatments that doctors may offer. Staff at the PATH clinic will guide you and your family through the process of making health care decisions that will be in your best interest. We will help you choose a blend of measures that will heal and/or ease symptoms to ensure that your quality of life is the best that it can be.

What can I expect when I visit the PATH clinic?

The PATH process requires three visits to the clinic:

Visit 1  The PATH clinic staff will review your current physical health, test your memory and thinking skills and ask questions about how you function in your daily life.

Visit 2  We will share what we’ve learned with you and talk openly with you and/or your family. Our goal is to make sure you and/or your family understand everything about your health and what to expect as time goes on.

Visit 3  We will help you and/or your family prepare for making future health care decisions.

You can expect the staff at the PATH clinic to listen, answer your questions and support you in making health care decisions that reflect your values and what you most want for yourself and your family in the days ahead.

How can I get an appointment at the PATH Clinic?

A doctor must refer you. The referral form is available on our website (see link below)

Our address is
Geriatric Ambulatory Care Clinic, Veterans’ Memorial Building, 1st Floor
5955 Veterans’ Memorial Lane
Halifax, Nova Scotia

To learn more about the PATH Clinic
• Call us at 902-473-8603
• Email us at info@pathclinic.ca
• Visit our website at www.pathclinic.ca

Principles we follow at the PATH clinic

We have four key principles that guide us in our work at the PATH clinic:

1) Knowledge is power
When people understand their overall health picture, they are able to make better decisions.
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