

# Did you know?

## SENIORS

**Social workers work with seniors and their families and caregivers in the community, in acute care settings, and within long term care facilities. Social workers assist seniors and their families by:**

- Working with individuals, families and caregivers to maintain optimal well-being and independence
- Helping individuals and families to navigate the health care system and the continuum of care
- Supporting individuals in coping with change, grief and transitions
- Promoting autonomy, decision-making and self-determination
- Assisting clients to access community supports and financial services including home care services, prescription drug coverage, respite care, and medical equipment
- Providing support and education to help individuals, families and caregivers cope with a medical diagnosis, such as dementia, and prepare for future services
- Supporting individuals, families and caregivers to prepare for advanced care and end of life planning
- Creating connections within the community to enhance support for individuals, families and caregivers
- Advocating for services, policies and programs to meet the needs of seniors and their families
- Informing social policy change and development
- Identifying and preventing violence against seniors

There are over 1500 social workers registered to practice social work in Newfoundland and Labrador. Further information about the social work profession can be found at [www.nlasw.ca](http://www.nlasw.ca) or by contacting:

Newfoundland & Labrador Association of  
**Social Workers**

P.O. Box 39039  
St. John's, NL A1E 5Y7  
Phone: (709) 753-0200 Fax: (709) 753-0120  
Email: [info@nlasw.ca](mailto:info@nlasw.ca)