Health TAPESTRY helps people stay healthier for longer in the places where they live by bringing together volunteers, technology, communities, and interprofessional health care teams.

**WHAT IS Health TAPESTRY?**

Health TAPESTRY is shifting the focus of care to prevention, as program participants have fewer hospitalizations and see their primary care team more.

Older adults that participated in the program spent less time sitting, walked more and tended to fall less.

Health TAPESTRY is identifying people at risk before they need invasive and expensive interventions, like going to a hospital. We work with these people and their communities to help them be healthier, where they live, for longer.

The McMaster University Department of Family Medicine, in partnership with the Canadian Red Cross and local primary care organizations, is implementing Health TAPESTRY in multiple sites provincially and nationally.

For more information, visit healthtapestry.ca

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**The Health TAPESTRY Process**

1. **Trained volunteers visit the client at home.**
2. **The volunteers get to know the client. They ask questions about their life, health goals and health needs. The client’s answers are recorded digitally.**
3. **These answers are sent to the client’s health care team.**
4. **The health care team creates a care plan, to help the client with any health needs and support them in their health goals.**
5. **The health care team and volunteers follow this plan with the client to help them reach their health goals and address their health needs.**
6. **With help from volunteers and the health care team, the client may be connected to community resources that will support their health.**
The Department of Family Medicine at McMaster University has entered into an alliance with the Canadian Red Cross. This alliance allows collaboration on a range of initiatives, including McMaster’s strategic leadership in the development and implementation of Health TAPESTRY.

The Canadian Red Cross Community Connectors program supports Health TAPESTRY in addressing the changing needs of clients by increasing awareness of available resources and directing clients to service providers in their community.

**As the Volunteer and Community Engagement Lead of Health TAPESTRY, Canadian Red Cross acts as:**

- A lead/consultant in the recruitment, training and management of Health TAPESTRY volunteers.
- An extension of the health care team, strengthening links between clients and primary care.
- A support to clients, Canadian Red Cross volunteers encourage clients to meet their goals and assist them with staying healthier longer.
- Helpers to connect clients, the health care system and the community