

## Older Adult Program

The older adults program takes a three-pronged approach to addressing the mental health issues of older adults.

The Day Program offers a wellness approach in a two-part group program. The first part of the group utilizes a talk therapy modality with a cognitive behavioural approach. The philosophy of the group is learning, sharing, and connecting with others who are facing similar life cycle adjustments and mental illness symptoms like anxiety and depression.

A therapeutic recreationist who guides older adults through an experiential take-home exercise program that is intended to assist in maintaining and enhancing functional abilities facilitates the second part of the group. As well, there is instruction in relaxation techniques. Included in this group is discussion about nutrition and lifestyle adaptations that promote wellness.

The Older Adults Program offers specialized geriatric mental health assessment by a geriatric psychiatrist and a nurse with geriatric mental health experience who is PIECES trained. Best practice guidelines for Depression, Delirium, and Dementia are the underpinning of clinical practice. Referrals by an attending physician can be made from throughout the hospital. The Older Adults Nurse is the liaison for mental health services and those provided under continuing care.

The Follow-up/Outreach program can be provided after discharge to continue assessment and to monitor/adjust treatment strategies until stabilization occurs.

Generally, adults age 65 or over are considered for the Older Adult Program. However, consideration is given for the complexity of medical issues that might be age related as well as to life cycle psychosocial issues.

We accept self-referrals as well as those from a community agency or physician.

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