

2011

Seniors Mental Health Program

**A community based program
designed to assess, diagnose and
treat the unique mental health
needs of the older person.**



Capital Health

Who do we see?

- Seniors with a mental illness that starts after 65 years of age.
- Individuals with dementia (at any age) and mental illness.

Problems we see include:

- Depression
- Anxiety
- Hallucinations
- Delusions
- Dementia and associated behaviours

Individuals with long term psychiatric disorders are seen in community mental health clinics. Consultation may be provided to individuals with a complex presentation.

Treatment

Senior's mental health services are provided by a team that includes:

- Medical Doctor (psychiatrists)
- Social Worker
- Nurse
- Occupational Therapist
- Recreation Therapist
- Psychologist.

We may offer

- Assessment, consultation and/or short term treatment.
- Visits in the home, clinic, residential, or long term care setting.
- Referral to other health care providers.
- Education for care givers, community and health care professionals.

The client will be returned to the care of his/her family doctor when our services are no longer needed.

Components of our service

- **Outreach** – Assessments and care will be given in the home, residential setting or nursing home, especially for patients who have difficulty getting out.
- **Out-Patient Clinics** – At the QEII and NSH Sites.
- **Day Program** – Mount Hope, NSH Site. Sessions: grief and loss, relaxation, stress reduction, cognitive behaviour therapy, leisure and healthy living.
- **In-Patient Unit** – Willow Hall, NSH Site is a 19-bed acute care unit specializing in mental health care of seniors.



To make a referral

	QEII Site	NSH Site
Ph:	473-7799	464-6054
Fax:	473-5713	464-3002

To learn more call

Monday to Friday, 8:30 – 4:30

Referral process

- Patient/family and community providers can initiate the referral process through the family doctor.
- Family doctor/other medical specialists will be asked to complete a referral form.

We believe that

- Seniors deserve optimal physical, emotional and spiritual health.
- Decisions about treatment involve the patient and family.
- Health promotion and early intervention lead to better health.
- Programs and treatment are based on the most current research findings.
- The family doctor plays a key role in senior's mental health.

Looking for more health information?

Contact your local public library for books, videos, magazine articles and online health information. For a list of public libraries in Nova Scotia go to <http://publiclibraries.ns.ca>

Capital Health promotes a smoke-free and scent-free environment. Please do not wear perfumed products. Thank You!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

The information in this brochure is provided for information and education purposes only. The information is not intended to be and does not constitute healthcare or medical advice. If you have any questions, please ask your healthcare provider.

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