

SENIOR BEHAVIORAL HEALTH

Monthly Newsletter

we're so glad you're here!

Happy New Year! As we step into 2024, we're excited to share updates and insights from our Senior Behavioral Health Program. Our goal is to keep you connected throughout the year and provide you with helpful information to better serve your patients. Our commitment to providing compassionate care and support to individuals aged 55 and older remains steadfast.



WHAT DO WE DO?

Inpatient & Outpatient Care

Our Senior Behavioral Health Treatment team provides individualized care aimed at assisting individuals age 55 and older in developing coping strategies to more effectively deal with life's stressors. Care focuses on retaining one's dignity while achieving the goal of living life to the fullest.

Inpatient is a short-stay, intensive, and comprehensive mental health treatment program for those suffering from psychiatric, emotional, or behavioral disorders. The program, catering to individuals age 55 and older, includes: Skilled Nursing, Social Work Assessment, Group and Individual Therapy, Recreational Activities, Coping Skill Building, Grief and Loss Resolution, Health Education, Physical Activity, and Discharge Planning.

INDICATORS FOR INPATIENT CARE INCLUDE:

- Suicidal or Homicidal Thinking
- Destructive/Aggressive Behavior
- Hallucinations and Delusions
- Adjustment of Psychotropic Medications



A minute with Mike:

MIKE WILLIS, PROGRAM COORDINATOR, THERAPIST

The holidays and winter months can adversely affect the elderly, leading to isolation, seasonal affective disorder (SAD), health risks from cold weather, stress, reduced physical activity, and financial strain. Symptoms to watch for include withdrawal, persistent sadness, decreased mobility, and increased anxiety. To alleviate these issues, encourage regular social interactions, ensure exposure to natural light, promote indoor exercises, assist with stress management, and provide support in financial planning. Regular check-ins and observation for any concerning symptoms are essential, and seeking professional help when needed can significantly improve a senior's well-being during this time.