

Signs and Symptoms of Mental Distress in Senior Adults

- Anxiety
- Anger
- Low Self-Esteem
- Agitation, Combative Behavior
- Confused Thoughts
- Crying
- Suicidal Thoughts
- Change in Eating, Sleeping patterns
- Depression
- Disorientation, Falling Memory
- Irritability
- Social Isolation
- Paranoia, Hallucinations, Delusions
- Unresolved Grief Issues

Payment

Medicare and most private insurance plans are accepted.

Admission

Any concerned individual may refer themselves or someone else to the program

An initial clinical assessment is provided at no cost to determine the need for physician evaluation.

Facts

- Mental Health Disorder affect at least 20% on individuals aged 55 and older.
- Depression and other disorders are often undiagnosed and untreated in older patients, due in part to the presence of other complicating medical complaints.
- The risk for depression in senior adults is 4x greater than for the general population.



Contact Us

To learn more about the Heritage Program for Senior Adults

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Heritage Program for Senior Adults



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Progressive Care with Compassion



The Program

Senior Adults and their caregivers have unique problems and needs. Physical decline, loss of independence, safety concerns, and multiple losses are just a few that require special attention and are contributory to depression and other mental health issues for senior adults.

The program for Senior Adults is an outpatient program that provides individualized treatment for older adults who suffer from emotional, behavioral or mental health disorders.

This program provides an intensive outpatient treatment Monday through Friday in the least restrictive environment and patients are able to return to their homes each afternoon.



Who Could Benefit from the Program?

The person whose quality of life has been diminished by physical or emotional stressors.

The person who has not progressed or benefitted sufficiently in less intensive treatment settings.

The person whose mental health is declining and might require inpatient care unless treatment is provided.

Treatment Team

Treatment modalities are designed to meet the unique needs of older adults by educating patients, families, and caregivers regarding mental health issues affecting daily living.

Treatment is supervised by a Psychiatrist and provided by a team that includes Master Level clinicians and mental health providers.

Caregivers, families and primary care physicians are encouraged to participate in the process by assisting with the identification of the problem and solution.

Program Components

- Group ~ Family ~ Individual- Therapy
- Coping ~ positive Living Skills
- Grief and Loss Resolution
- Education as indicated:
 - Medication Management
 - Health and Wellness Training
- Communication Skills
- Conflict Resolution Skills
- Stress Management
- Assertiveness Training

Our Philosophy

To provide Quality Care that stresses the importance of dignity, respect, confidentiality, and helping the individual achieve an optimal level of function.

Core Values

- ◆ Integrity
- ◆ Ownership
- ◆ Trust
- ◆ Compassion
- ◆ Respect

Treatment Goals

- To restore optimum mental and physical health.
- To alleviate symptoms that interfere with the individuals ability to function.
- To support the integrity of the family.
- To maximize independence