

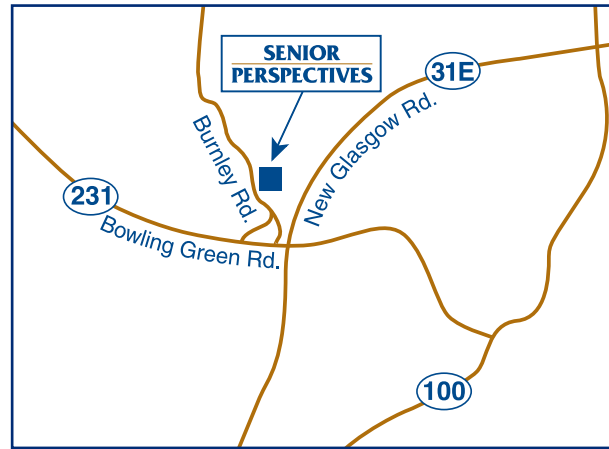
As people grow older, they may suffer through many losses – a spouse, family members, friends, health, mobility, status, and sometimes respect from others and ultimately respect for themselves. This sense of loss can be overwhelming as the struggle for control in their lives may seem to be a losing battle.

Growing old does not mean emotional despair has to be an acceptable condition of life. The good news is this downward spiral is not a necessary part of life, but a treatable condition that can be reversed. The quality of life can be renewed as the feelings of despair and hopelessness are changed to hope, joy and inner peace. Anxiety, depression, lack of motivation and sadness due to grief and loss issues can be minimized or resolved by effective treatment.

The Need for Senior Care

Senior Adults often face unique emotional problems that can make life abnormally difficult. Some of these problems may include:

- Difficulty coping with change
- Trouble adjusting to retirement
- Deterioration of daily living skills
- Loneliness and isolation
- Crying spells and/or explosive anger
- Debilitating problems with grief and loss
- Feelings of anxiety and depression
- Adjusting to declining physical health
- Negative changes in eating and sleeping habits
- Strained family relationships
- A strong sense of hopelessness often accompanied by suicidal thinking



SENIOR PERSPECTIVES

Renewing the Quality of Life for Senior Adults

A service provided by



456 Burnley Road
 Scottsville, KY 42164
 270-622-2890

www.TheMedicalCenterScottsville.org

SENIOR PERSPECTIVES



How can the Senior Perspectives Program help me feel better?

The Senior Perspectives Program allows clients to receive an intensive level of treatment without the high cost or inconvenience of inpatient hospitalization. Through a combination of group psychotherapy, individual and family therapy as required, and intensive nursing education, clients gain insight into their illnesses and learn effective ways to cope with their issues.

The client may receive treatment from one to eleven hours per week as determined by the physician. The participant may be stepped up or down from one level to the next based upon a thorough evaluation of the individual's unique circumstances.

What happens when I call for help?

Treatment begins with scheduling a complimentary confidential assessment by a qualified professional that can be conducted at the Senior Perspectives Program or in the privacy of your own home.

The assessment will determine the level of care appropriate to each client and make a referral for treatment based on the presenting symptoms and their level of severity. Those who could benefit from the Senior Perspectives Program will be referred to a physician for further evaluation, and, if appropriate, admission to the Senior Perspectives Program treatment services.

What will be my daily activities at the Senior Perspectives Program?

Programming to accommodate prescribed levels of care is available on weekdays during business hours Monday through Friday. During that time, the treatment plan will focus on each unique client, with a specific set of circumstances, symptoms and goals to be understood and treated.

The Senior Perspectives Program offers:

- Individual counseling
- Individualized group therapy with other senior adults struggling with similar issues
- Family therapy
- Regular communication with family members
- Regular meetings with assigned case managers

A physician supervises the care of each person and can meet one-on-one on a regular basis with each client and involved family members to ensure quality care. Often, special medications are prescribed for treating the specific symptoms of an individual. Clients also receive a nutritious meal each day.

How long will treatment last?

Every client's treatment is individualized. All receive psychiatric services as often as the individualized plan of care specifies. This is determined by the physician, treatment team and the client. As progress is being made in meeting treatment goals, the physician may reduce their number of visits throughout a two- to three-week period, or longer.

What if I don't have daily transportation to the Senior Perspectives Program?

For those who do not have transportation, assistance can be coordinated by the Senior Perspectives Program. Specially-equipped vans are available for those who need wheelchair access or other special care.

What is the Senior Perspectives Program treatment philosophy?

The qualified team of physicians, therapists, nurses and technicians are dedicated to the "Four C's" of treatment for each patient and their family members:

- Care
- Compassion
- Competency
- Concern

Each staff member is responsible for ensuring that each client will receive respect, consideration and the highest quality of appropriate care each day. Our mission is to serve our patients and family members with a personal warmth and focus on returning each participant to the peak of their individual capabilities.

Will my insurance pay for treatment?

The cost of the the Senior Perspectives Program treatment services is covered by Medicare and most secondary commercial insurance health plans. Normal deductibles and co-pays apply.

The first step to restoration begins with a phone call.

To receive more information or to schedule a confidential assessment, call the Senior Perspectives Program today at (270) 622-2890.

The Core Values of the Senior Perspectives Program:

- Restoring the quality of life by focusing on each person as a unique individual
- Valuing the individual's specific needs and the role of the family as a whole
- Commitment to excellence in treatment
- An ongoing plan for care and support

Admission and Referral

To make a referral to the Senior Perspectives Program, simply call our office at (270) 622-2890. Our staff will request some initial information and promptly schedule an evaluation for the person being referred. All initial screenings are complimentary. We work closely with referring healthcare professionals so that timely communications can take place with families, physicians, social service agencies and others.