

The Hollywood Clinic
supports the
mental health
of our seniors.

A M A Z I N G

the hollywood clinic
seniors program



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Cover artwork by Dena Lawrence



introduction

Later life is a time of contentment and contemplation for most people.

However, it can also be a time of loss, including the death of loved ones, a decline in physical health and loss of independence.

These losses can be difficult to adjust to and may also re-awaken earlier losses that have never been properly resolved.

The Seniors Program at The Hollywood Clinic aims to assist older people to live contented and fulfilled lives.

The program focuses on assisting people to:

- Adjust to loss and change.
- Manage depression and anxiety.
- Improve sleep.
- Socialise.

about the program

Format

The Seniors Program is a day program and runs from 10.00am to 3.00pm weekdays.

Assessment

Each patient is assessed by the Seniors Program Coordinator to determine the most appropriate treatment plan. This plan includes which day/s the person will attend the program and whether any other services are needed.

staffing

The program is conducted by a multi-disciplinary team of qualified and experienced professionals that includes:

- Occupational Therapist.
- Social Worker.
- Nurse.
- Activities Assistant.

content of the program

The Seniors Program has been designed to meet different patient needs on different days.

- Group topics include:
 - Anxiety management.
 - Reminiscence.
 - Depression management.
 - Improving communication.
 - Exercise.
 - Cognitive stimulation.
 - Leisure activities.
 - Lifestyle education (ie nutrition, safety, medications).
 - Relaxation.
- Each patient is assigned a key worker who monitors the patient's progress and liaises with other health professionals as needed.
- Individual therapy aimed at addressing specific issues can be arranged if needed.

confidentiality

All patient information is confidential. Medical records remain the property of Hollywood Private Hospital. The hospital complies with the Privacy Act amendment 2001. For further information please contact the Privacy Officer on (08) 9346 6130.

eligibility/referrals

A referral from a psychiatrist who is accredited to The Hollywood Clinic is required for assessment.

Patients referred to the Seniors Program remain under the care of their psychiatrist. Eligible veterans and war widow/ers, the privately insured and the self-insured can be considered for the program.

For further information about the program, referrals and assessment please contact:

The Seniors Program Coordinator
The Hollywood Clinic
Hollywood Private Hospital
Monash Avenue, Nedlands 6009

Telephone: (08) 9346 6801
Monday to Friday 8.00am to 5.00pm.