



The Hollywood Clinic

Seniors Program

Information for Referrers

It is important to understand that depression and anxiety are not a natural part of aging and that help is available.

What is The Seniors Program?

The Seniors Program at The Hollywood Clinic aims to assist older people experiencing mental illness, whether as a result of loss, the decline of physical health and independence, or from a reawakening of earlier issues yet to be resolved.

Who can benefit from referral to the Seniors Program?

Enrolment is available to patients over 65 with appropriate private health cover who suffer from:

- depression,
- anxiety,
- Post Traumatic Stress Disorder,
- psychotic illness,
- bipolar disorder

A diagnosis of dementia is a contraindication.

What the program involves

The Seniors Program utilises a psychotherapy based model combined with physical exercise to improve balance, flexibility and the ability to perform daily activities.

It is designed to meet different patient needs on different days, with small groups of patients who are of similar age and experiencing comparable life challenges.

The program draws on a number of evidence based therapies including Cognitive Behavioural Therapy, ACT and art therapy. Topics include:

- Understanding your mood and managing your symptoms
- Improving communication
- Cognitive stimulation
- Social connection
- Lifestyle education (i.e. nutrition, safety, medications, falls prevention)
- Relaxation
- Re engaging in meaningful life activities

The progress of each patient is monitored by the team and staff liaise with other health professionals as needed. Outcomes are measured on a number of scales, including the Geriatric Depression Scale, Geriatric Anxiety Inventory and a weekly WHO-5 wellbeing index assessment.

Individual therapy aimed at addressing specific issues can be arranged if needed.

Carer involvement is encouraged. Carers are invited to attend once every month and family/carer meetings are available.

Patients attend the program for one to three days per week depending on their acuity, for a duration tailored to their individual needs. Carers, family members and GPs are all informed and involved as required.

Patients feel supported and cared for as valued individuals whose mental health issues are taken seriously and treated, not just regarded as a natural part of growing old.

Program costs

Private Health Cover which includes psychiatric care is required for attendance at The Hollywood Clinic. Should a potential patient have only a lower level of private health insurance that does not allow attendance at this program, it is now possible to upgrade cover to an appropriate level with no waiting period to attend.

Subsidised patient transport to the program may be available through My Aged Care.

Referring to the Seniors Program

A GP can refer patients to The Hollywood Clinic Seniors Program. An appointment is made with the Co-ordinator who will review attendance. If the Seniors Program is suitable we will arrange for a psychiatrist's assessment to complete the referral process.

Further Information

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