

# SENIOR ADULT PROGRAM



The Department of Health and Human Services reports that the highest suicide rate of any age population is that of adults over the age of 65. For many older adults, behavioral health illnesses once diagnosed can be effectively treated with psychiatric help. Acute emotional problems treated at Port St. Lucie Hospital include:

- Depression
- Compulsive Behavior
- Confusion
- Obsessive Behavior
- Panic Attacks
- Psychotic Disturbances
- Mood Disorders
- Suicidal Thoughts
- Prescription Medication Over-use
- Behavioral Disturbances due to early Dementia
- Depression due to Chronic Pain
- Anxiety
- Memory Loss
- Alcohol Abuse
- Phobias
- Substance Abuse
- Grief & Loss
- Aging Issues
- Bipolar Disorders

With this in mind, Port St. Lucie Hospital offers both voluntary and involuntary comprehensive treatment programs designed to meet the specific needs of adults over 60 years of age, suffering from serious psychiatric and/or substance abuse issues.

Port St. Lucie Hospital's Senior Adult Program provides the highest quality assessment, diagnosis, stabilization and treatment for adults over the age of 60 with acute psychiatric issues, which require inpatient or partial hospitalization. Treatment is provided for our patients with kindness, empathy, dignity and respect at all levels in the continuum of care in order to maximize the individual's ability to achieve successful mental and emotional health.

Before a patient begins treatment, several assessments are conducted to evaluate the patient's physical, social and emotional health. The assessments help determine the appropriate level of care, which may be inpatient or partial hospitalization treatment. Treatment modalities consist of:

- Crisis Evaluation
- Group Psycho-Therapy
- Nutritional Consultations
- Cognitive Screenings
- Family Education
- Recreational Therapy
- Coordination with Community Senior Services
- Medication Evaluation and Management
- Neuro-Psychology Testing and Treatment
- Coordination with Primary Care Physicians

Planning for discharge, be it a return to a home environment or an alternate living arrangement, begins on the day of admission. Social workers and the treatment team, with the input and assistance of family members and care givers, help to make the transition to community living a safe and seamless experience.

For a free, confidential assessment, call 772-335-0400, 24 hours a day