

# FREQUENTLY ASKED QUESTIONS

## What is Senior Life Solutions?

Senior Life Solutions is an outpatient hospital program designed to support the mental health of older adults experiencing depression, anxiety, or other mental challenges often associated with aging. Our voluntary program includes individual and group therapy, psychiatry, medication management, and health screens.

Participants in the program attend group, individual, and family therapy sessions led by a licensed therapist. They also meet with a psychiatrist at least once a month.

## Who could benefit from the program?

Older adults, typically 65+, who struggle with depression, anxiety, or other mental health challenges.

Senior Life Solutions can help older adults who are experiencing the following:

- loss of a loved one
- chronic health diagnosis
- change in living conditions
- suicidal thoughts
- frequent feelings of sadness, guilt, worry, or worthlessness
- change in energy level, sleep, and/or weight
- need for frequent visits to the emergency room or clinic
- feeling overwhelmed or stressed due to being a caregiver

## How can the program help me?

Most participants experience a reduction in feelings of depression, anxiety, isolation and loneliness. They see improvements in their physical health and discover a renewed sense of purpose.

Benefits of the Senior Life Solutions program include:

- regular health screens (vital signs, sleep patterns, weight changes, mood, etc.)
- coping and communication skills
- medication management
- psychiatric treatment
- individual therapy
- group support

## Who can recommend someone to the program?

Anyone can make a referral to our Senior Life Solutions program including clinicians, family, and friends. Participants can also self-refer. Just give us a call.

## How can I get more information about the program for myself or someone I know?

We are always available to answer questions and can provide educational in-services and information to community members and clinicians.

Contact us for more information or to discuss mental health support for yourself or a loved one.

 (402) 533-4448

 [mchhs.org](http://mchhs.org)