

IMPROVING OLDER ADULT MENTAL HEALTH

PRESENTED BY



**Door County
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

 **Senior Life Solutions[®]**



INFORMATION WE WILL COVER TODAY:

Introduction of our program and staff.

Older adult mental health.

The support & services we provide.

Who would benefit from our program.

How to make a referral.

PROGRAM INTRODUCTION

We are an outpatient group therapy program at the hospital designed to meet the unique needs of older adults experiencing depression, anxiety, and/or other mental health challenges often associated with aging.

MEET OUR TEAM



MEDICAL DIRECTOR



PROGRAM DIRECTOR



PROGRAM THERAPIST



OFFICE AND PATIENT
COORDINATOR

We would like to introduce Dr. Nina Jordania, medical director for Door County Medical Center's Senior Life Solutions program.

Originally from the country Georgia, Dr. Jordania attended medical school and completed a neurology fellowship prior to coming to the United States, where she completed her residency training at Loyola Medical Center in Maywood, IL in 2002.

Dr. Jordania has worked in private practice and as a consultant at rehab & psychiatric hospitals, where she had unique exposure to the neuropsychiatric patient population as well as multi-trauma medical conditions.

Dr. Jordania can provide a confidential assessment to determine if your patient or loved one is eligible for our program. Anyone can make a referral to our program, including self-referrals, primary care physicians, specialists, family members, friends, community groups, and nursing or residential facilities.






OLDER ADULT MENTAL HEALTH

Mental health challenges are often brought on by major life changes

Often there are many major life transitions in older adulthood

Older adults often face change brought on by involuntary circumstances



**MENTAL HEALTH
STIGMA CAN BE
DIFFICULT TO
OVERCOME.**

UNMET NEEDS OF OLDER ADULTS

33%

become
depressed. after
losing a spouse

50%

remain depressed
a year later.

68%

know little to
nothing about
depression

58%

believe it's
"normal" to get
depressed as they
age.






CONSEQUENCES OF UNTREATED DEPRESSION IN OLDER ADULTS

There are a number of medical risks from cognitive decline and confusion to heart disease and risk of infection.



CONSEQUENCES OF UNTREATED DEPRESSION IN OLDER ADULTS

There is also an increased risk of suicide when depression goes untreated.



**WHAT DOES
DEPRESSION
LOOK LIKE IN
OLDER ADULTS?**

SIGNS & SYMPTOMS OF DEPRESSION IN OLDER ADULTS

- Change in appetite/weight
- Change in sleeping patterns
- Decreased interest or pleasure in things previously enjoyed
- Depressed or sad mood
- Increased sleep or insomnia
- Lack of energy
- Low self-esteem

SIGNS & SYMPTOMS OF DEPRESSION IN OLDER ADULTS

- Crying Spells
- Difficulty concentrating
- Delusions/hallucinations
- Irritability/demanding behavior
- Memory problems/confusion
- Motor skills slowing
- Suicidal Ideation or “Ready to go”
- Unexplained aches and pains

A group of people, likely healthcare professionals, are shown from the chest up, arranged in a circle. They are all wearing white lab coats and have their hands clasped together in the center. They are smiling and looking towards the center. The image is overlaid with a semi-transparent blue shape that contains white text. The text is in a bold, sans-serif font and reads: "SO WHAT CAN OUR PROGRAM DO TO HELP?". There are two white diagonal bars on the blue overlay, one on the left and one on the right, pointing towards the center.

**SO WHAT CAN
OUR PROGRAM
DO TO HELP?**



SUPPORT FROM OUR PROGRAM INCLUDES

Confidential, comprehensive assessment
Group, individual, & family therapy
Medication education & management
After-care planning

A photograph of a group of people in a therapy session. A woman with blonde hair is laughing while holding a clipboard. A man with a white beard is smiling. Another man is visible in the foreground, partially obscured. The scene is set in a bright room with large windows and a dining table in the background. The image has a blue overlay and a large blue number '1' on the right side.

GROUP THERAPY

IS OUR PRIMARY TREATMENT MODALITY!

HOW DO PATIENTS BENEFIT FROM OUR PROGRAM

Reduced symptoms of depression, anxiety, and other mental health challenges.

Improved physical health = decreased doctor and/or ED visits

Regular health screens

Improved quality of life



**WHO WOULD
BENEFIT
FROM OUR
PROGRAM?**



THOSE WHO WOULD BENEFIT INCLUDE:

- Typically 65+
- Showing signs & symptoms of depression or other mental health challenges
- Recently experienced a life change
 - Loss of loved one
 - Change in living conditions
 - Health diagnosis

A person is sitting on a couch in a living room, looking down. The scene is dimly lit, with a bookshelf and a plant visible in the background. A large blue semi-transparent overlay covers the center of the image, containing white text. Two white diagonal bars are positioned on the left and right sides of the blue overlay.

**KNOW SOMEONE WHO
MIGHT BENEFIT FROM
OUR PROGRAM?**

CONTACT US TODAY!



WE ARE HERE TO HELP!



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THANK YOU!