What we do.

St. Joseph's Healthcare Hamilton and Trillium Health Centre are working together to provide high quality and responsive seniors mental health outreach services.

The outreach program is designed to serve the complex mental health concerns of seniors who cannot or will not seek service in traditional locations such as clinics and offices.

Services include:

- Home-based (e.g. home, retirement home, long term care) comprehensive assessment with a geriatric psychiatrist and/or member of the clinical team
- Office-based assessments for individuals as needed or preferred
- Consultation and education for clients, families and caregivers/providers
- Collaboration with family physicians, family members, other health providers and community partners and linkage to support services
- Assistance in the development of behaviour management strategies
- Short term supportive counseling/therapy and health teaching for clients/families
- Assessment by a nurse practitioner for seniors with complex mental illness who are frail, have multiple health conditions and frequently use the Emergency Department

We do not provide capacity or forensic assessment or long-term psychotherapy.

Who we serve.

The outreach program serves seniors with complex mental health, addiction and behavioural issues which include:

- Mood disorders (e.g. depression, mania), anxiety, psychosis, progressive cognitive disorder and/or substance use disorder
- Behavioural complications associated with neurodegenerative cognitive impairment (e.g. Alzheimer Disease)
- Chronic mental illness (e.g. schizophrenia, bipolar disorder, etc.) complicated by age-related decline in physical and mental health

Those who are under age 65, requiring assessment and/or management as described above will be considered on an individual basis.

How to refer to us.

A family physician must approve the referral to the program. The following information is required:

- A valid health card number
- Reason for referral
- Relevant history
- Relevant clinical information (e.g. medication, blood work, consults, etc.)
- Expectations (e.g. diagnosis, management, intervention strategies, etc.)

Who we are.

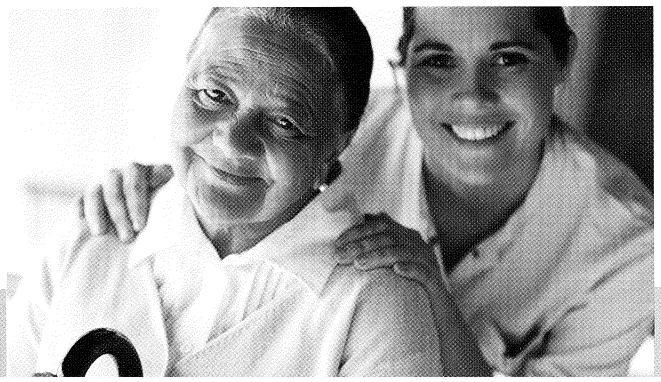
The Seniors Mental Health Outreach team includes:

- Geriatric Psychiatrists
- Nurse Practitioners and Registered Nurses
- Occupational Therapists
- Social Workers
- Psychogeriatric Resource Consultants (PRC's)
- Medical and Allied Health Students
- Physicians-in-Training
- Administrative Assistants

Who we work with.

The outreach program values and works closely with community partners including:

- Family Physicians
- Family Health Teams
- Family Members/ Caregivers
- Long-term Care Homes
- Retirement Homes
- Community Agencies
- Local Health Integrated Networks and other policy and planning organizations
- Community Care Access Centres
- Other Hospitals



St. Joseph's Healthcare Hamilton

Trillium Health Centre
Your Health. Our Passion – for Life

For information about the
Trillium program

Please contact Mental Health Intake at
(416) 521-4057

or FAX the referral form to
(416) 521-4072

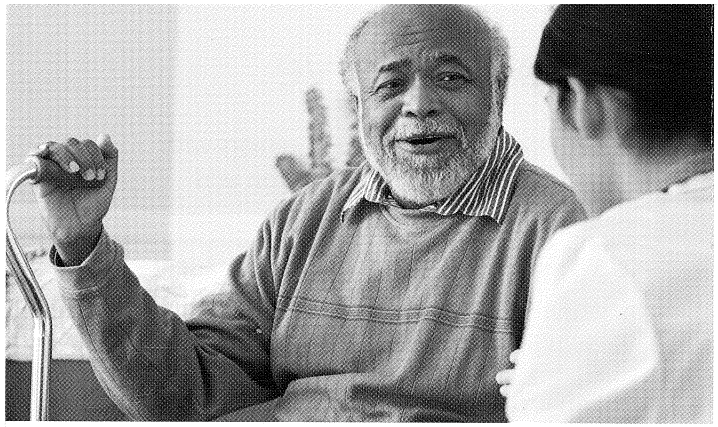
The referral form is available at
www.trilliumhealthcentre.org

For information about the
St. Joseph's program

Please contact the program office at:
(905) 681-8233
1 (866) 429-7677 toll free

or FAX the referral form to:
(905) 681-8628

The referral form is available at:
www.hgmhop.ca



Our academic affiliations.

Our programs are committed to and value our academic affiliations and partnerships with the University of Toronto and McMaster University.

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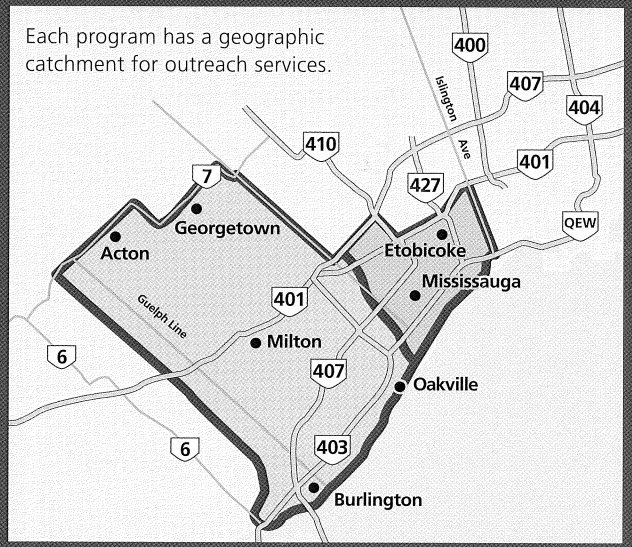

St. Joseph's Healthcare Hamilton

Trillium Health Centre

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Your Health. Our Passion – for Life

Seniors Mental Health Outreach Services

Serving seniors in:

Southwest Etobicoke
Mississauga
Oakville
Georgetown
Acton
Milton
Burlington

A service driven by needs, strengthened by partnerships.