

TYPICAL DAILY SCHEDULE

MORNING

- 7:00 - 7:30am Morning Hygiene
& Medication
- 7:30 - 8:30am Breakfast & Individual
Time with Physician
- 8:30 - 9:30am Morning Exercise to Music
w/Recreation Therapy Staff
- 9:30 - 10:00am Break & Assisted Hygiene
- 10:00 - 10:30am Morning Community
Group, Orientation,
Goal-Setting
- 10:30 - 11:30am Group Therapy
w/Counselor
- 11:30 - 12:30pm Lunch & Individual Time
w/Social Worker

AFTERNOON

- 12:30 - 1:30pm Art Therapy
- 1:30 - 2:30pm Break & Individual Time
w/Social Worker
- 2:30 - 3:30pm Afternoon Life Skills Group
- 3:30 - 4:30pm Recreation Therapy

EVENING

- 4:30 - 5:30pm Dinner
- 5:30 - 6:00pm Music Therapy
- 6:00 - 6:30pm Evening Life Skills Group
- 6:30 - 7:00pm Therapeutic Games
- 7:00 - 7:30pm Medical Education w/Nurse
- 7:30 - 8:00pm Evening Closure Group /
Review of Goals
- 8:00 - 8:30pm Break
- 8:30 - 10:00pm Nightly Hygiene
- 10:00 - 7:00am Quiet Time

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TRANSFORMING
the way older adults are treated for
MENTAL HEALTH

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TRANSFORMING MENTAL HEALTH TREATMENT FOR OLDER ADULTS

OVERVIEW OF GENERATIONS PROGRAM

The Generations Program is a short-term, senior adult inpatient treatment program specifically designed to help seniors deal with emotional problems or stressors they may be experiencing in life. For example, many seniors experience depression, anxiety, fears, issues with grief and loss, confusion, disorientation, memory loss, medication issues and distress related to decline in health.

Our physicians and nursing staff are dedicated to not only getting to the root cause of the issue at hand, but also to working with each client's family to help them understand what their loved one is experiencing and how to cope with certain emotional difficulties in the future.

The Generations Program holds the philosophy that each individual is unique with a rich history of life experiences. Your current stressors and difficulties represent only a small part of who you are, and while we will partner with you and your family or residence facility in the treatment of those issues, we will also celebrate with you the other characteristics you possess.

We also operate on the belief that the aging process does not eliminate the capacity to learn and change. To the highest potential of your abilities, we encourage insight, initiative and empowerment. Our environment and programming are tailored to meet the specific needs of seniors and we offer a comfortable, state-of-the-art facility with caring and compassionate staff to help you through each step of your treatment.

TREATMENT PROGRAM

Under the direction of a psychiatrist, and with input from the patient and family, an inter-disciplinary treatment team develops an individualized treatment plan for each senior. The inter-disciplinary treatment team is comprised of a psychiatrist, medical physician, master's prepared social worker and counselor, master's prepared art therapist, recreation therapist and mental health associates, who, together, provide a clinically sophisticated, safe, supportive and responsive treatment environment.

Our board certified staff physician provides individual therapy with each patient, as well as discusses each patient's medication regime. The social worker develops an aftercare plan that ensures follow up in the community with a psychiatrist and counselor, as well as provides alternative residential placement, if needed.

Partial hospitalization at our day hospital may be considered if the senior requires continued intensive treatment on a daily basis. The Partial Hospitalization Program is comprised of half or full days of therapy Monday through Friday. The senior is supervised during the day but may return to their residence in the evening and on weekends in order to maintain their independent functioning and ties to their family and community.

The Generations Program does not set age limits. Studies indicate that Alzheimer's symptoms can be present as early as 40, while another senior at 65 could be high-functioning, with regards to cognition, but may be experiencing severe depression. Each individual's history is assessed by the physician and treatment team to ensure each senior receives the appropriate clinical programming.

Our daily regimen is designed to meet each person's specific needs through a variety of approaches, including:

INDIVIDUAL THERAPY

You will be able to meet privately with your physician and therapist to discuss your feelings, life experiences, medication, and to find ways to resolve any problems you may be experiencing.

FAMILY THERAPY

Sometimes it is beneficial to involve family members in your treatment to open communication and increase understanding of each other's needs. Your social worker is available to arrange family meetings with your consent.

GROUP THERAPY

You may find that your peers share the same experiences or problems as you have experienced in life. Talking and sharing with your peers in a group setting, led by an experienced therapist, can often provide support, empathy and solutions to life's difficulties.

RECREATION THERAPY

Expressing yourself through therapeutic activities such as singing, reminiscing, playing games, crafts, gardening and exercising to music, helps lift spirits and provides an outlet for stress.

ACTIVITIES OF DAILY LIVING

Learning positive and productive ways to cope with physical limitations and memory loss, and eliminating stress and anxiety in your daily routine, are important parts of your treatment. The nursing staff will offer individual and group experiences to teach new skills that increase your independence and functioning.