

# FAQ What Providers Need to Know

**Q: What is the Senior Life Solutions program?**

**A: Senior Life Solutions, an intensive outpatient program offering group, individual, and family therapy, is designed to meet the unique needs of older adults struggling with depression and anxiety. We are a voluntary program.**

**Q: Who would benefit from the program?**

**A: Individuals struggling with depression, anxiety, difficult life transitions, and age-related challenges.**

**Examples:**

1. Someone struggling with chronic health diagnosis, such as, COPD, CHF, Diabetes, etc.
2. Loss of loved one
3. Caregivers experiencing caregiver strain and burnout
4. Chronic repeat presenters to emergency department or clinic / recent increase in number of visits
5. Change in living conditions-recent move to Assisted Living, Senior Housing, Long Term Care Facility, or loss of independence
6. Discharging from skilled stay (program can be part of the discharge plan for skilled patients)
7. Recent or current referral to PT, OT, or Speech
8. Recent decline in normal activities-visiting senior center, running errands, etc.

**Q: What are some of the benefits to patients attending the program?**

**A: The patients will be offered group, individual, and family therapy from a licensed therapist and will be seen by a psychiatrist at least once a month. There are also several other benefits to attending the program.**

**Examples:**

1. The program staff will help monitor vital signs, sleep patterns, weight+/-, mood, etc.
2. The RN on staff will communicate all medication changes and coordinate with patient's PCP if applicable
3. Each patient is seen by a psychiatrist at least monthly to direct the patient's clinical treatment and make medication changes as needed

**Q: Who can recommend someone to the program?**

**A: ANYONE**

**Examples:**

1. A clinician can recommend a patient
2. A community member can recommend a neighbor
3. A family can recommend a family member or loved one
4. An individual can self-refer

**Q: What does the process look like once I've identified someone who could benefit from the program?**

**A: The simplest and most effective way would be for you to:**

**FIRST:** Provide our Program Director the following:

Name - DOB - Contact information - Reason for referring

**SECOND:** Let identified person know someone from the program will be reaching out (see example of what to say below)

**THIRD:** Program Director will reach out to the patient to set up time to speak more about the program, answer any questions the patient has, and help determine if the patient could benefit from the program.

**FOURTH:** If we are unable to help a patient in our program, we will connect them to the necessary resources within the community.

**Q: What should I say when telling someone I would like to recommend them to the program?**

**A: "Adena Fayette Medical Center offers a service line that specializes in improving quality of life and overall well-being for older adults who are dealing with age-related issues. I thought about you and would like them to give you a call to discuss what they offer."**



For more information or if you have identified an individual who could benefit from the program, please contact Adena Fayette Medical Center's Senior Life Solutions at:

**(740) 333-2226**

