

# What To Expect

Once our program receives a completed referral from your family physician or nurse practitioner, you will receive a phone call within two weeks from the nurse clinician. At that time, a brief phone assessment will be completed and you will be placed on the waitlist. When ready to be seen, the initial visit will be completed by one of the nurse clinicians. Following this, an appointment will be scheduled for you to be seen by one of the Geriatric Psychiatrist in the next available clinic. Afterwards, the Psychiatrist will send their recommendations to your family physician or nurse practitioner.



## Seniors' Mental Health What You Should Know

### Duration of Service

Depending on the circumstances, follow-up visits are made by the nurse clinician. When our services are no longer needed you will be discharged from the program to remain under the care of your family physician or nurse practitioner. We accept re-referrals if

**For more information about the  
Seniors' Mental Health Program  
Contact:**

**Canadian Mental Health  
Association—Cochrane Timiskaming Branch:**

**Temiskaming Shores**  
20 May Street South  
Temiskaming Shores, ON P0J 1P0  
**Tel: 705.647.4444**

**Kirkland Lake**  
5 Kirkland Street West  
Kirkland Lake, ON P2N 1N9  
**Tel: 705.567.9596**



Canadian Mental  
Health Association  
Association canadienne  
pour la santé mentale  
Cochrane-Timiskaming



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Cochrane-Timiskaming

## Seniors' Mental Health Program



## Information for Seniors & Caregivers

**Serving the District of  
Timiskaming**



## Our Program:

The Seniors' Mental Health Program is available through the Canadian Mental Health Association. This program is a consultation service that is offered in the Timiskaming area. The Seniors' Mental Health team consists of two Geriatric Psychiatrists and nurse clinicians who are committed to meet the needs of the elderly. Following an in-depth assessment, a consultation report with recommendations as well as a follow-up plan is forwarded to your family physician or nurse practitioner. Your care will continue to be coordinated by your family physician or nurse practitioner in order to maintain a high quality of life in the least restrictive environment.

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*"Our philosophy of care respects the rights and promotes the dignity and worth of all individuals."*

## Referral Process:

Referrals to the program **MUST** be made through your family physician or your nurse practitioner.

This is **NOT** an emergency service. For emergency needs, please contact your family physician or your nearest Emergency Department

## Our Objectives:

- ⇒ To provide a mental health assessment, diagnosis, treatment recommendations and follow-up (if needed) for people with age-related mental illness.
- ⇒ To collaborate with health care agencies and identify community support services that will ensure clients' mental health care needs are met and that people can safely remain in their home.
- ⇒ To prevent hospitalization or crisis when possible.



## Client Criteria:

- ⇒ **Seniors** (65 years or older) with complex mental health needs, or younger than 65 who have a **confirmed** diagnosis of Alzheimer's disease or frontotemporal dementia
- ⇒ **Mental Health problems** complicated by age-related medical illness/functional needs.
- ⇒ **Must be medically stable** (e.g. not in a medical crisis)
- ⇒ **Must reside in the community** (living at home, supportive housing or in a facility based environment such as a long-term or chronic care).