

Privacy and Confidentiality

All patient information is confidential. Your health record remains the property of Hollywood Private Hospital.

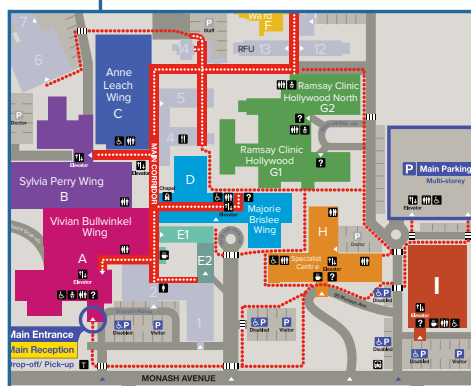
Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 (Cth) in its dealings of an individual's personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224.

Please direct referral and requests for further information to:

Seniors Program Coordinator

Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, Nedlands WA 6009
Telephone (08) 9346 6815 or (08) 9346 6801
Fax (08) 9346 6829
Monday to Friday between 8.00am and 4.00pm



Ramsay Clinic Hollywood is located here

A multi-storey car park is conveniently located opposite Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue. Please visit ramsaymentalhealth.com.au/hollywood for detailed parking information and current pricing.



**Ramsay
Mental Health**

Ramsay Clinic Hollywood

Entrance 5, Monash Avenue
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829

ramsaymentalhealth.com.au

People caring for people

Seniors Program



**Ramsay Clinic
Hollywood**

ramsaymentalhealth.com.au



**Ramsay
Mental Health**

Introduction

While later life is a time of contentment and contemplation for many people, aging can also bring about considerable personal loss. This includes the passing of loved ones and a decline in independence and physical abilities, triggering confusing emotions and mental health issues such as anxiety and depression. It can also re awaken earlier losses or mental health problems that are yet to be resolved.

Those who have had lifelong challenges with mental health need ongoing intervention and support in their senior years. It is important to know that these issues are not a natural part of aging and that help is available.

The Seniors Program at Ramsay Clinic Hollywood aims to assist older people manage mental health issues, while moving forward to more content and satisfactory lives.

The program focuses on:

- Adjustment to loss and change
- Managing symptoms of mental health issues, moving toward recovery
- Improving sleep and making healthy lifestyle choices
- Building social connections

Staff

Our team consists of a qualified and experienced mental health nurse, art therapist, social worker, and an occupational therapy assistant.

A psychiatrist oversees patient care.

The Program

The Seniors Program has been designed to meet different patient needs on different days. Groups are small in size and consist of people of similar age and life challenges.

The program draws on a number of evidence-based therapies including Cognitive Behavioural Therapy. Topics include:

- Understanding your mood and managing your symptoms
- Improving communication
- Cognitive stimulation
- Social connection
- Lifestyle education (i.e. nutrition, safety, medications, falls prevention)
- Relaxation
- Re engaging in meaningful life activities

The progress of each patient is monitored by the team, and staff liaise with other health professionals as needed.

Individual therapy aimed at addressing specific issues can be arranged if needed.

Carer involvement is encouraged. Carers are invited to attend once every month and family/carers meetings are available.

Format

The Seniors Program is a day program that runs from 9.45am to 2.30pm Monday to Friday.

A typical day involves morning exercise, mental health education and therapy with relaxation and topic based activities in the afternoon. Creative expression is also a significant part of the program, allowing clients to explore their thoughts and emotions using art materials. Morning tea and lunch are provided each day.

Eligibility/Referrals

A GP can refer patients to Ramsay Clinic Hollywood Seniors Programme. An appointment is made with the Co-ordinator who will review attendance. If the Seniors Programme is suitable we will arrange for a psychiatrist's assessment to complete the referral process.

Private Health Cover which includes psychiatric care is required for attendance at Ramsay Clinic Hollywood. Should a potential patient have only a lower level of private health insurance that does not allow attendance at this program, it is now possible to upgrade cover to an appropriate level with no waiting period to attend.

Transport

To access transport to the Seniors Group at Ramsay Clinic Hollywood, call MyAgedCare on

1800 200 422

They will conduct a phone assessment to determine eligibility for subsidised transport. A referral will then be sent to one of the providers in the applicant's location who will be in contact to organise their transport.