

What to expect from Seniors Mental Health

When we receive a referral, someone will contact you or your family to gather additional information and to schedule an appointment. One or more members of our team will meet with you within or as close to your own home as possible. The use of Tele-health may be available to reduce the need for travel. We often provide our findings to the physician or other health care provider and in some instances we may continue to see you to ensure your mental health needs are addressed. In some situations, we may recommend that you first see your family doctor or another provider.

Your information is confidential

We are required by law to protect the confidentiality of the information you provide as part of your care. We only share this information with others who are directly involved in your care or where we are required to by law.

Please ask a member of the Seniors Mental Health team if you have any questions about your right to examine your information or if you have concerns about confidentiality and the sharing of your personal health information.

How to contact us

You may connect with a Seniors Mental Health clinician to discuss concerns by calling one of the numbers below.
Monday to Friday 8:30 a.m. to 4:30 p.m.

Brandon

Mental Health Services
Unit B13 - 800 Rosser Avenue
Brandon, Manitoba R7A 6N5
Phone: 204 -578-2400
Fax: 204- 578-2822
Toll Free: 1-855-222-6011

Dauphin

Community Health Services
625 3rd Street South West
Dauphin, MB R7N 1R7
Phone: 204-638-2118
Fax: 204-629-3406

Swan River

Community Health Services
1011 Main Street
Swan River, MB R0L 0Z0
Phone: 204-734-6601
Fax 204-629-3477

For 24 hour help call:

South - Toll free: 1-888-379-7699
Westman Crisis Service

North - Toll free: 1-866-332-3030
Mental Health Crisis Response Service

Date of Issue: October 2014

Date of Revision:

Document #: PMH327



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www.prairiemountainhealth.ca



Seniors Mental Health?

Seniors Mental Health provides assessment, consultation and treatment for mental health problems that are most commonly associated with aging. We can help clarify concerns about mental health issues and provide linkage with the most appropriate resource.

The most common concerns are often related to the onset of or changes in psychiatric conditions such as cognitive disorders (dementia), anxiety disorders or major depression.

We can assess and help with concerns related to:

- memory loss
- increased confusion
- challenging behaviours
- thoughts of self-harm or suicide
- problems related to substance use/gambling
- elder abuse or vulnerability
- care-giving concerns
- questions of risk or safety
- coping strategies
- social isolation/withdrawal
- impact of multiple losses
- environmental modifications
- ongoing treatment and follow-up

It is important to discuss concerns with your local health care provider.

Our Clinical Services

Mental Health Resource Nurses

MHRNs provide mental health clinical support and assessment to patients, residents and staff within assigned rural facilities. This resource is available within several Personal Care Homes, Hospitals and Emergency Rooms.

Mental Health Assessment and Treatment - Community

Seniors Community Mental Health clinicians provide specialized consultation, assessment and short-term treatment; individualized treatment plans; education and support in the home or office setting.

Community and Residential Supports

Community Mental Health Workers will provide Mental Health Case Management for older people at risk for relapse of their psychiatric illness. There is a focus on symptom monitoring and follow-up; daily living skill preservation and teaching; leisure and social support; and group interventions such as the *Prime Time Day Program* located in Brandon at Fairview Home (open weekdays from 8:30 a.m. - 3 p.m.) .

Most costs are covered under provincial insurance through the Manitoba Health Services Commission.

Why Seniors Mental Health

Our team of mental health professionals have specialized training and expertise working with older people experiencing mental health challenges. We work closely with other health care providers and the Centre for Geriatric Psychiatry to address these concerns. Our interdisciplinary team of psychogeriatric clinicians include:

- psychiatry
- psychology
- psychiatric nursing
- occupational therapy
- social work
- activity instructors
- other allied professionals

