

## Referrals and Admissions

Admission criteria – 65 years of age or over with mental health issues.

Referrals can be forwarded to The Melbourne Clinic via a General Practitioner or a treating psychiatrist.

For assistance please contact The Melbourne Clinic Intake on 03 9420 9340.

Referrals can be faxed to 03 9420 9351.



The Melbourne Clinic

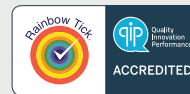
130 Church Street,  
Richmond VIC 3121

Phone: 03 9429 4688 | Fax: 03 9427 7558

[www.themelbourneclinic.com.au](http://www.themelbourneclinic.com.au)

A Healthscope hospital.

ABN 85 006 405 152



V3\_11/2018



The Melbourne Clinic

## Older Persons Program

Information for patients, carers,  
family and support persons



## About the program

The Older Persons Program is a specialist centre of excellence in the assessment and management of patients aged 65 and over who require treatment for a mental health problem.

We are committed to providing a multidisciplinary approach to patient care in a sensitive, caring and safe environment. The program adopts a best practice approach in mental healthcare and offers individual and group programs delivered by highly trained clinicians who are experts in the delivery of care to this age group. We also acknowledge the central role of families and carers in developing appropriate care plans.



## The approach

The program operates within a context of understanding the interaction between the psychological, physiological and social effects of the ageing process. A range of strategies have been developed to ensure a high level of care and include the following:

- A Clinical Director who leads the unit and a team of consultant psychiatrists who specialise in Old Age Psychiatry.
- A senior psychiatric registrar is an integral part of the assessment, treatment and discharge of patients.

Additionally we have a visiting geriatrician to manage ongoing medical issues.

- There is a program of structured group activities conducted by team members with the aim of enhancing treatment outcomes.
- Discharge planning is commenced at admission and includes regular family sessions.
- An Outreach Service is available to assist in ongoing management of the patient upon completion of the program.

## A multidisciplinary approach

The multidisciplinary approach of our program is of particular importance for this age group. The clinical expertise of varied health professionals results in optimal patient management, combining to provide appropriate interventions.

For example, the input of the occupational therapist includes assessment and therapy for everyday functioning, the psychosocial focus of social work in the form of community support and resources. It is this that helps position us at the forefront of best practice in the area of aged psychiatry.

