

## Referrals and admissions

A referral from your GP or Psychiatrist is required. A referral letter can be faxed to The Melbourne Clinic's Intake service for triage. The fax number for intake is **03 9420 9351**.

Patients must be over the age of 65 years to be admitted to the Older Person's Program.



## Older Persons Program

Information for patients, carers, family, and support persons.



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Community  
of Care

 **The Melbourne Clinic**  
by Healthscope

## About the program

**The Older Persons' Program is for individuals who have, or who develop, a mental illness later in life.**

This program focuses on patients aged 65 years and over and carefully considers the interactions between the psychological, physiological, and social effects of the aging process. We offer individual sessions and group programs delivered by a highly skilled, multi-disciplinary team.



## The approach

In developing this program we have adopted a range of strategies to ensure a high level of care.

This program provides a best practice approach to mental healthcare and offers individual and group programs. Participants will learn strategies to reduce relapse and prolong periods of mental wellbeing and through effective management of symptoms.

We acknowledge the central role of families and carers in delivering appropriate care. The Older Persons Program delivers regular family sessions during admission and ensures that family and carers are included in discharge planning.

### **Patients are offered:**

- Structured skill-based group activities conducted by a multi-disciplinary team to enhance treatment outcomes
- Individual and family support
- Outreach Services available to assist in the ongoing management of your treatment at discharge
- Regular reviews with your Visiting Medical Officer



## A multidisciplinary approach

The Older Persons Program is staffed by psychiatrists and nurses who are well-respected leaders in the delivery of care to older persons. Participants of this program will experience a multi-disciplinary approach to their care in a sensitive, caring, and safe environment.

The clinical expertise of varied health professionals results in optimal patient management, combining to provide appropriate interventions.

### **Our multi-disciplinary team includes:**

- Clinical director
- Senior psychiatric registrar
- Geriatrician
- Physiotherapist
- Psychologist
- Occupational therapist
- Social worker
- Clinical neuropsychologist