



**FULTON COUNTY  
HEALTH CENTER**

*Completing the circle of care*

## Fulton County Health Center Geriatric Behavioral Health Programs

- Exclusively dedicated to identifying, assessing and treating debilitating psychiatric disorders and related behavioral changes in people who are 65 years of age or older.
- Designed to better accommodate the needs of the elderly, providing a comfortable and safe treatment setting.
- Focused on the alleviation of symptoms and positive, sustained treatment outcomes.
- Programs are staffed by professional psychiatrists, nurses, therapists and technicians, who specialize in meeting the distinct psychiatric and physical needs of elderly patients.

### Geriatric Behavioral Health

The healthcare needs of older Americans are unique. Elderly patients are often taking several medications for other ailments, can have greater difficulty expressing their needs to caretakers and be experiencing other physical, adaptive or cognitive limitations. Elderly patients struggling with Alzheimer's disease may also experience acute, but debilitating, episodes of behavioral change.

### Fulton County Health Center's Inpatient Geriatric Behavioral Health Program

The inpatient program is designed for patients age 65 and older who are experiencing significant symptoms of psychiatric illness resulting in a substantial deterioration in their ability to participate in ordinary activities of daily life, increased restlessness and agitation, leading to an array of negative behaviors toward others or even themselves.

- Each patient receives an individualized treatment plan following a comprehensive medical and psychiatric evaluation.
- The treatment team employs a wide range of therapeutic and supportive clinical modalities.
- Medication regimens provide more immediate relief of symptoms and allow the clinical treatment team to apply other therapies in support.
- Clinical programming, including group and individual counseling therapy, focuses specifically on "best practice" interventions for the elderly patient.
- Treatment goals are formulated with the input of the patient, family or other major caretaker.

The purpose of the inpatient geriatric behavioral health program is to:

- Expedite remediation of debilitating symptoms.
- Help the patient and family gain insight into effective post-discharge strategies.
- Maximize gains made during inpatient hospitalization once the patient is returned home.

Most patients will remain in the program for 8 to 15 days prior to returning home.

### **Fulton County Health Center's Geriatric Intensive Outpatient Program**

The Geriatric Intensive Outpatient Program is for individuals who are age 65 years and older, do not require 24 hour monitoring due to symptomology and have the cognitive ability to actively participate within a structured therapeutic environment.

#### **About the Geriatric Intensive Outpatient Program**

The Geriatric Intensive Outpatient Program is a Monday through Friday daytime therapeutic program staffed by qualified nurses and therapists. Admission to the Geriatric Intensive Outpatient Program is based on an assessment by a psychiatrist and the treatment team. The program includes:

- Group and individual therapy
- Health education
- Health maintenance activities

Designed for elderly patients who may be experiencing episodes of depression, anxiety, agitation or confusion, but still maintain coping skills which allow them to successfully manage those feelings, the program aims to help patients:

- Emphasize self-worth and self-respect in light of dealing with depression, loss, anxiety and other mood disorders.
- Learn coping skills allowing them to participate and enjoy activities of everyday life.
- Receive intensive treatment during identified early stages of increased emotional distress with the goal of reinforcing learned coping skills.
- Remain in the community and avoid potential hospitalization.

Patient progress is monitored by a psychiatrist in conjunction with the treatment team. The program can be very useful to some patients who have completed treatment in the Inpatient Geriatric Behavioral Program and participate in the Geriatric Intensive Outpatient Program to maintain or expand post-hospitalization progress.

Ongoing participation in the program is based on individual patient progress towards clinical goals and the ability to benefit from continued participation. Patients typically participate in the program for several weeks or longer, on either a full or part-time basis.

The Inpatient Geriatric Behavioral Health Program conducts assessments and accepts admissions 24 hours a day. Intake assessments for the Geriatric Intensive Outpatient Program are scheduled Monday through Friday.

**For more information or to schedule an intake assessment please call (419) 337-8661.**

