

Program for Older Adults: Mood and Anxiety Program FY 2016

Program Overview

Geriatric Psychiatry is a specialized discipline providing assessment and treatment for older adults with dementias, depression and other mental health needs.

Canada's older adult population is growing rapidly and with this comes a need for specialized psychiatric services. For the older adult, mental illness may be related to physical, emotional, social and/or environmental changes. Our interdisciplinary team offers assessment and individualized treatment, and recommendations for the management of care.

Mood and Anxiety Program

The Mood and Anxiety Program offers comprehensive assessment, treatment, and discharge planning in an environment designed specifically to address the unique needs of the older adult. Treatment goals focus primarily on promoting the highest level of independence, well-being, self-worth, and understanding of their illness. A holistic approach addressing themes of hopelessness and meaninglessness allows for exploration of psychological, social, functional, and biological issues. Follow-up recommendations are an essential component of our care.

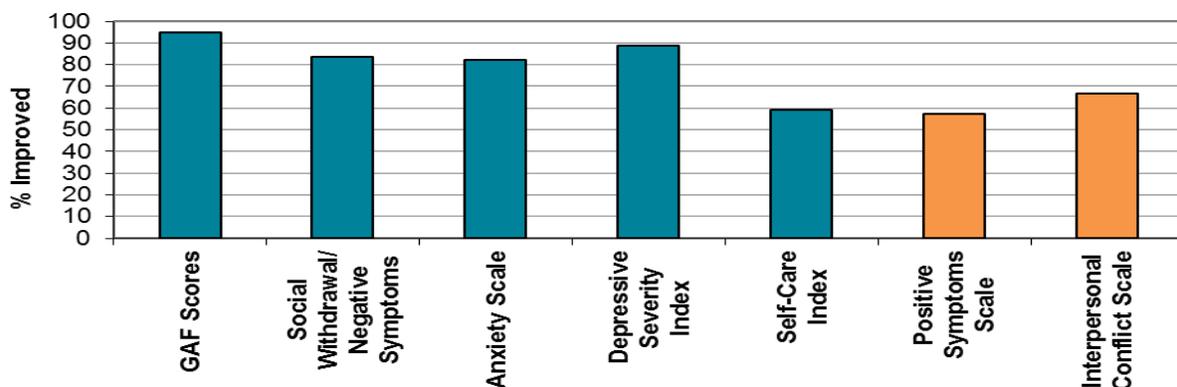
Program Trends and Patient Characteristics

- 39 patients were discharged from MAP group in 2016, they were between 56 and 85 years of age (average age 69 years), and 67% were female.
- Individuals come to MAP as voluntary patients.
- About 69% of MAP group patients have had prior admissions to an inpatient mental health treatment setting at some point in their lifetime.
- The most common conditions were mood disorders. Some may also have a concurrent disorder with delirium as well as comorbid substance abuse.

Clinically Observed Outcomes

The Resident Assessment Instrument-Mental Health (RAI-MH) is a comprehensive, standardized instrument evaluating symptoms and functioning, socio-demographics, behaviours, prior experiences, and interventions. The outcomes below reflect the percentage of patients whose difficulty with certain symptoms or functioning improved from admission to discharge.

% of 2016 Depression Group Patients Who Improved in Clinically Observed Outcome Domains



The graph above illustrates that MAP group patients displayed positive rates of improvement (76% on average) for all outcome indicators.

What patients have said about the program...

“From the time of admission to the end of today, the staff and Dr. Luthra were paramount in my recovery and I would just like to express my thanks to all of them for the way I feel now.”

