

Aurora Mental Health Center Older Adults Team

The Older Adults team provides outpatient services to adults who are 55 and older. Services include mental health evaluations, individual, group, and family therapy, and medication management. In addition to providing supportive and educational therapeutic services, the team works with other community agencies and consults with primary care physicians to ensure that our clients and their families have the resources they need to address their needs. The areas that the client population we serve includes: the biologically based mental illnesses such as Schizophrenia, Bipolar Disorder, and Major Depression, as well as other common problems such as anxiety, substance abuse, relationship difficulties, loss and grief, and adjusting to retirement. In addition, clinicians on the team provide therapeutic and consultative services in area nursing homes and assisted living facilities.

The team provides quarterly educational presentations at the Aurora Center for Active Adults. Recent topics include Thriving in Retirement, The Healthy Brain, Working Through Grief and Loss, and De-Cluttering. We closely collaborate with medical facilities, such as MCPN, to ensure that client's medical and mental health needs are coordinated and integrated. Members of the team also participate in conducting stress screenings during the annual 9 News Health Fair. Recently, the team has started a support group for caregivers. Without their own support system, loved ones who care for seniors are at risk of neglecting their own needs and to experience burnout.

To learn more, visit www.aumhc.org or call 303-617-2300.