



Senior Services

West Central Mental Health Center recognizes the rapid growth of the aging population in Colorado and the vital need for staff training in gerontology. The Center is committed to encouraging clinicians in developing their knowledge, understanding and skills with respect to working with older adults. Through continuing education, training, supervision and consultation, we strive to ensure high quality care to the seniors we serve.

Programs and Services for Older Adults

- Individual, family and group therapy in outpatient clinics located in Fremont, Custer, Chaffee and Lake Counties
- Mental health and case management services provided in long term care/assisted care facilities
- Coordination with primary care physicians for medication compliance/management
- Assessment and support for clients experiencing mid to late life transitions
- Long term care planning with clients and their family members
- Psychoeducation sessions addressing symptoms, diagnosis, treatment and recovery plans for clients, families/caregivers
- Coordination with community partners in identifying and assessing at-risk older adults
- Staff development training in long term care facilities on the use of psychotropic medications and the relationship between physical/mental health
- Outreach to seniors in the community through a variety of agencies such as the Area Agency on Aging, senior centers, assisted care/long term care facilities and the Department of Human Services
- SAGE, specialized group for older adults (**Seniors Aging Gracefully Everyday**), focusing on normalizing the aging experience by allowing group members to recognize the universality of age-related concerns