

Because Your Mind Matters

Heritage Program for Senior Adults

Senior adults often face age-related challenges that may contribute to mental health issues, including loss of loved ones, physical limitations and illness, social isolation, difficulty adjusting to retirement, and other life changes. These challenges may lead to emotional problems that can decrease the ability to cope with daily tasks.

The Heritage Program is an outpatient mental health treatment program designed for older adults who are experiencing problems with depression, anxiety, or other issues. We help our patients to improve their overall quality of life and functioning by using an educational approach to manage symptoms and prevent relapse.

Senior adults who could benefit from the Heritage Program may exhibit the following symptoms: prolonged anxiety, anger, irritability, low self-esteem, isolation, depression or excessive crying, suicidal thoughts, changes in eating patterns, and unresolved grief issues.

Program Components

- Focus on building interpersonal relationships.
- Learn to cope and develop positive life strategies.
- Develop grief and loss resolution strategies.
- Attend disease and medication education as needed.
- Focus on overall health and wellness.
- Develop healthy communication skills.
- Practice stress management.
- Participate in assertiveness training.
- Participate in discharge planning.

The Heritage Program offers psychiatric intervention that can improve the quality of life for the elder adult and their families. Treatment modalities are designed to meet the unique needs of elder adults in a daytime treatment program. Treatment is supervised by a psychiatrist and provided by a fully licensed staff including registered nurses, social workers, licensed professional counselors, certified therapists, and mental health technicians.



Admission

The Heritage Program provides a clinical evaluation at no cost to determine the need for treatment. Physicians, health care professionals, human service agencies, clergy, and/or concerned family members or friends can make referrals. A physician's referral is not necessary.

The program psychiatrist will determine the diagnosis and recommend appropriate treatment prior to admission to the program. The psychiatrist specializes in treatment of the elderly with consideration to health problems and medications specific to this age group. The psychiatrist and the registered nurse work with the primary care physician to ensure health safety.

Transportation

Complimentary transportation to and from the program can be arranged for those without a way to get them to and from the care site. Vans are equipped with wheelchair lifts.

Payment

Medicare must be the primary insurance provider in order to participate in the program. The Seton Edgar B. Davis Business Office will file paperwork with insurance for processing.



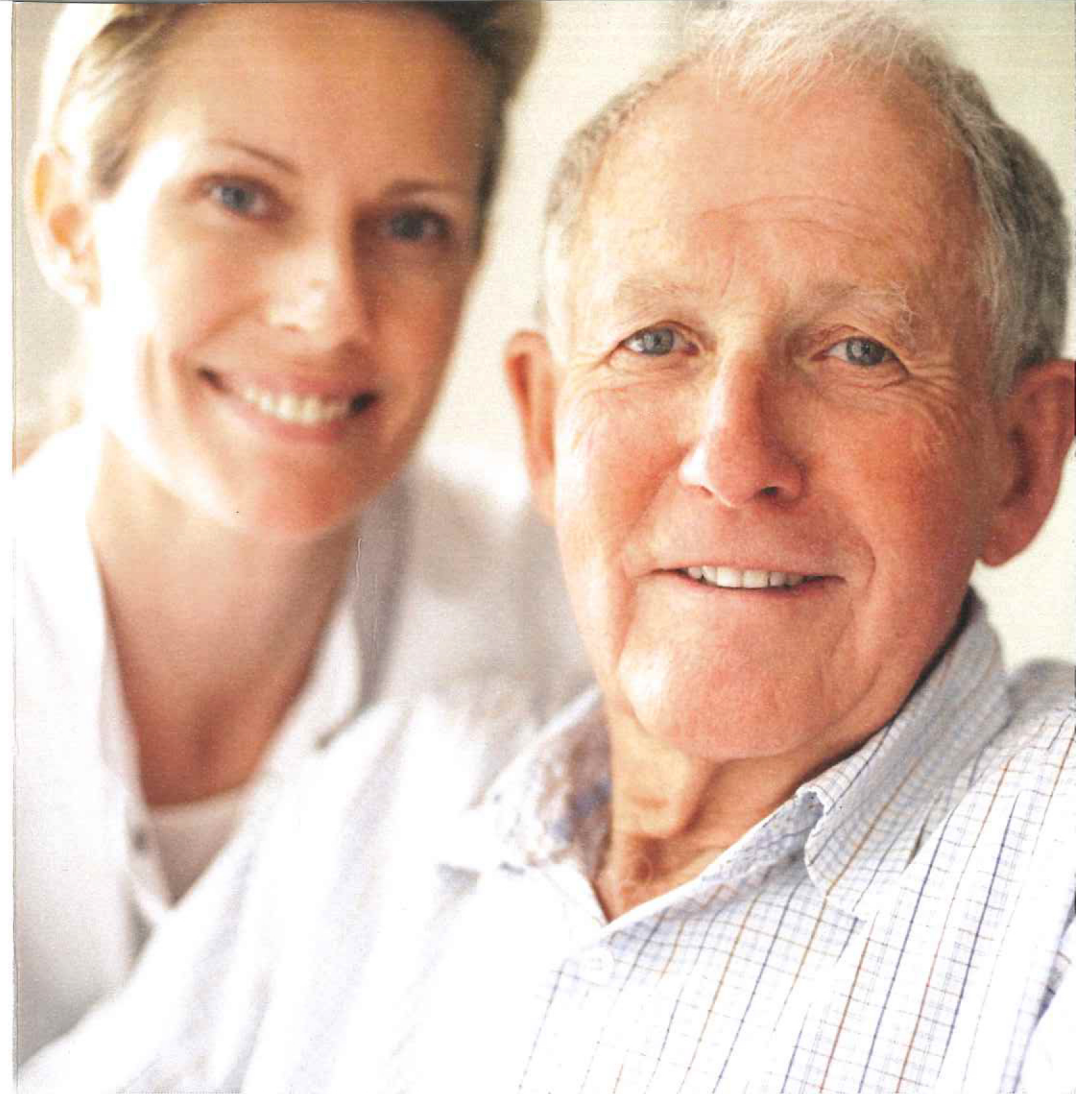
If you need help with mental health
or emotional wellness, call us.

830-875-7046

Heritage Program



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Heritage Program FOR SENIOR ADULTS



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