



What is Senior Life Solutions? What Patients Need to Know:

- Senior Life Solutions is an intensive outpatient counseling program for adults ages 65 and older.
- Services offered include: group therapy, individual therapy, family therapy, mental health evaluation, medication education and management, community resources, and after-care planning.
- Individuals may benefit from the Senior Life Solutions program if they are experiencing any of the following common indicators or triggers:
 - Recently experienced a traumatic event
 - Lost a spouse or close family member
 - Loss of interest in previously enjoyed activities
 - Changes in appetite
 - Difficulty sleeping
 - Loss of energy
 - Feelings of sadness or grief lasting more than two weeks
 - Feelings of worthlessness or hopelessness
- Patients receive individualized care and typically begin by attending therapy sessions on varying weekdays, decreasing in amount and time as they progress.
- We provide follow-up care and continued support once patients are ready to complete the program.
- Each patient's primary care physician will be consulted regarding medication changes (if applicable).
- Anyone can make a referral to Senior Life Solutions: including primary care physicians, specialists, family members, friends, community groups, and nursing or residential facilities.

To make a referral, or for more information, please contact our staff:



308-832-3400 opt. 4.