

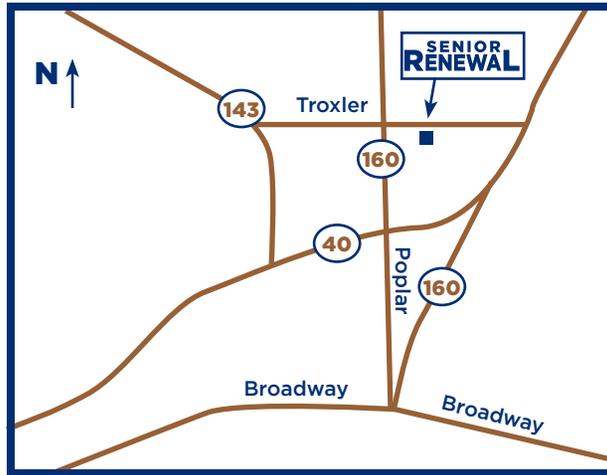
As people grow older, they may suffer through many losses - a spouse, family members, friends, health, mobility, status and sometimes respect from others and ultimately respect for themselves. This sense of loss can be overwhelming as the struggle for control in their lives may seem to be a losing battle.

Growing old does not mean emotional despair has to be an acceptable condition of life. The good news is this downward spiral is not a necessary part of life, but a treatable condition that can be reversed. The quality of life can be renewed as the feelings of despair and hopelessness are changed to hope, joy and inner peace. Anxiety, depression, lack of motivation and sadness due to grief and loss issues can be minimized or resolved by effective treatment.

The Need For Senior Care

Senior Adults often face unique emotional problems that can make life abnormally difficult. Some of these problems may include:

- Difficulty coping with change
- Trouble adjusting to retirement
- Deterioration of daily living skills
- Loneliness and isolation
- Crying spells and/or explosive anger
- Debilitating problems with grief and loss
- Feelings of anxiety and depression
- Adjusting to declining physical health
- Negative changes in eating and sleeping habits
- Strained family relationships
- A strong sense of hopelessness often accompanied by suicidal thinking



The Center for SENIOR RENEWAL

Renewing the Quality of Life for Senior Adults

A service provided by



HSHS
St. Joseph's
Hospital

12866 Troxler Avenue
Highland, IL 62249
(618) 651-2940

Senior Renewal is also available in Breese:
St. Joseph's Hospital
14160 Jamestown Road
Breese, IL 62230
(618) 526-5699

**OUTPATIENT
COUNSELING SERVICES**

The Center for SENIOR RENEWAL

Renewing the Quality of Life for Senior Adults



HSHS
St. Joseph's
Hospital

How can The Center for Senior Renewal help me feel better?

St. Joseph Hospital's Center for Senior Renewal allows clients to receive an intensive level of treatment without the high cost or inconvenience of inpatient hospitalization. Through a combination of group psychotherapy, individual and family therapy as required and intensive nursing education, clients gain insight into their illnesses and learn effective ways to cope with their issues.

The client may receive treatment from one to eleven hours per week as determined by the physician. The participant may be stepped up or down from one level to the next based upon a thorough evaluation of the individual's unique circumstances.

What happens when I call for help?

Treatment begins with scheduling a complimentary confidential assessment by a qualified professional that can be conducted at The Center for Senior Renewal or in the privacy of your own home.

The assessment will determine the level of care appropriate to each client and make a referral for treatment based on the presenting symptoms and their level of severity. Those who could benefit from The Center for Senior Renewal will be referred to a physician for further evaluation, and, if appropriate, admission to The Center for Senior Renewal treatment services.

What will be my daily activities at The Center for Senior Renewal?

Programming to accommodate prescribed levels of care is available on weekdays during business hours Monday through Friday. During that time, the treatment plan will focus on each unique client, with a specific set of circumstances, symptoms and goals to be understood and treated.

The Center for Senior Renewal offers:

- Individual counseling
- Individualized group therapy with other senior adults struggling with similar issues
- Family therapy
- Regular communication with family members
- Regular meetings with assigned case managers

A physician supervises the care of each person and can meet one-on-one on a regular basis with each client and involved family members to ensure quality care. Often, special medications are prescribed for treating the specific symptoms of an individual. Clients also receive a nutritious meal each day.

How long will treatment last?

Every client's treatment is individualized - all receive psychiatric services as often as the individualized plan of care specifies. This is determined by the physician, treatment team and the client. As progress is being made in meeting treatment goals, the physician may reduce their number of visits throughout a two- to three-week period, or longer.

What if I don't have daily transportation to The Center for Senior Renewal?

For those who do not have transportation, assistance can be coordinated by The Center for Senior Renewal. Specially-equipped vans are available for those who need wheelchair access or other special care

What is St. Joseph Hospital's Center for Senior Renewal treatment philosophy?

The qualified team of physicians, therapists, nurses and technicians are dedicated to providing each patient and their family members with the core values of HSHS:

- Respect
- Care
- Competence
- Joy

Each staff member is responsible for ensuring that each client will receive respect, consideration and the highest quality of appropriate care each day. Our mission is to serve our patients and family members with a personal warmth and focus on returning each participant to the peak of their individual capabilities.

Will my insurance pay for treatment?

The cost of The Center for Senior Renewal treatment services is covered by Medicare and most secondary commercial insurance health plans. Normal deductibles and co-pays apply.

The first step to restoration begins with a phone call.

To receive more information or to schedule a confidential assessment, call The Center for Senior Renewal today at **(618) 651-2940 in Highland or (618) 526-5699 in Breese.**

The Goals of St. Joseph's Senior Renewal are:

- Restoring quality of life by focusing on each person as a unique individual
- Valuing the individual's specific needs and the role of the family as a whole
- A commitment to excellence in treatment
- An ongoing plan for care and support

Admission and Referral

To make a referral to The Center for Senior Renewal, simply call our office at (618) 651-2940 in Highland or (618) 526-5699 in Breese. Our staff will request some initial information and promptly schedule an evaluation for the person being referred. All initial screenings are complimentary. We work closely with referring healthcare professionals so that timely communications can take place with families, physicians, social service agencies and others.