Senior Services Day Hospital

The SSDH program provides client focused assessment and interventions for individuals 65 years of age and over experiencing mental health problems related to the aging process (Individuals under 65 years of age assessed on an individual basis)

Criteria for Admission

- Mental Health diagnosis: depression, anxiety, stress issues and dementia
- 65 years of age and older (Individuals under 65 years of age assessed on an individual basis)
- Does not live at an Alberta Health Services Subsidized Facility (eg: Long Term Care)
- Does not require a secured environment
- Is medically stable
- Exceptions made at the discretion of the Day Hospital Team

Contact Information

Phone: (403) 529-8949
Fax: (403) 529-8858

Street Address

Regional Resource Centre
631 Prospect Dr. SW
Medicine Hat, Alberta

Mailing Address

Senior Services Day Hospital
666 5th St. SW
Medicine Hat, Alberta
T1A 4H6

Health Link Alberta
811

Senior Services Day Hospital (SSDH)

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www.albertahealthservices.ca
### Referral Process
- Referrals can be from: family physicians, psychiatrists, family/self, Home Care, and Geriatric Assessment Team
- Client and/or family will be contacted when referral has been received
- Client will be placed on waiting list
- Admission assessment will be booked following trial day if client meets admission criteria

### Expected Length of Stay
- 6 to 8 months
- Extensions of stay in program are assessed on an individual basis

### Services
- Assessment and treatment of age related mental health issues (mood disorders, dementia, anxiety, depression)
- Therapeutic groups
- Family conferences
- One on one time with clients as individual issues/needs arise
- Social and recreational activities
- Balance and fall prevention exercise program
- Weekly health assessment.
- Blood sugar monitoring as ordered by a physician
- Transportation: responsibility of client and/or family. (assistance will be provided with application process for Special Transit)
- Cost to attend Day Hospital is $10 per day (covers lunch provided) billed directly to the client monthly, based on actual attendance. Fee based on annual income

### The Day Hospital Team
- Registered Nurse
- LPN’s
- Recreation Convenor

### Access to the services of the Geriatric Assessment Team:
- Geriatrician
- Physician Assistant
- Registered Nurses