



# NORTH SHORE COMMUNITY SUPPORT SERVICES, INC.

## SENIORS' MENTAL HEALTH COMMUNITY CONSULTATION SERVICE

*In collaboration with the Seniors' Mental Health Program of the North Bay Regional Health Centre*

### **Our Mission**

The Seniors' Mental Health Community Consultation Service provides consultation as part of the Seniors' Mental Health Program of the North Bay Regional Health Centre. The team serves elderly patients with mental health problems referred by their family physician. The family physician is considered an active member of the treatment team.

The team uses a patient-centred and/or consultee-centred approach in assisting patients and caregivers to attain, maintain and restore a high quality of health in the least restrictive environment. Our philosophy of care respects the rights and promotes the dignity and worth of all individuals.

### **Our Objectives**

- ▶ To provide mental health assessment, diagnosis, treatment recommendations, limited follow-up and/or referral for elderly people with mental health problems. Patients will be seen in our office or in the community depending on their needs.
- ▶ To collaborate with health care agencies and care-givers (formal or informal) to provide advocacy for patients and their families, to ensure that the mental health needs of the elderly are met.
- ▶ To provide consultation and education to community agencies as well as to other health professionals concerned with psychogeriatric problems.

- ▶ To prevent hospitalization when possible and to facilitate rehabilitation and reintegration when hospitalization is necessary.

### **Our Team**

The local team consists of a nurse based in Elliot Lake and OTN psychiatrist providing consultations. The program is affiliated with the Seniors' Mental Health Program at North Bay Regional Health Centre.

### **Admission Criteria**

#### **Our target population includes:**

- ▶ *Seniors (e.g. usually over age 65) with one or more of the following:*
  - Mental Health problems/illness complicated by age-related medical illness and/or functional needs
  - Severe mental illness and require complex care (e.g. residence in a Long-Term Care Facility and/or have functional limitations)
  - Behavioural problems associated with dementia and/or other mental illness
  - Severe, late on-set mental illness
- ▶ *Persons under the age of 65, who have an age-related illness, (e.g. a 52-year-old with Alzheimer's Disease and suspiciousness)*
- ▶ *Must be medically stable*
- ▶ *Must reside within the catchment area of Elliot Lake and Thessalon to Webbwood.*

### **Information Needed at Time of Referral**

- ▶ Demographic information on patient (e.g. name, date of birth, health insurance number, next-of-kin, preferred language)
- ▶ Reason for referral: intervention requested; description of problem; onset and severity of symptoms/behaviour
- ▶ Past medical and psychiatric history
- ▶ Current medications and allergies

- ▶ Recent investigations including other speciality consultations and laboratory screen (see below). (Recent results are useful prior to assessment to rule out physical causes for the symptoms/behaviour.)

### **Suggested Investigations Prior to Referral (Please endorse with referral form)**

- Full medical history and examination
- C.B.C.
- Serum electrolytes (including calcium, magnesium and phosphorus)
- TSH
- Fasting blood sugar
- Serum B12 and folic acid
- Liver profile (AST, ALT, alkphos, bilirubin, total protein, albumin)
- Serum creatinine, BUN
- Serum Drug levels if applicable (e.g. Digoxin, Lithium, Tricyclic Antidepressant, Anticonvulsants)
- Urinalysis
- Chest x-ray (within past year)
- VDRL, HIV (if risk factors)

### **Referrals**

Referrals to the Program must be made through a family physician and/or nurse practitioner.

If the patient does not have access to a family physician or nurse practitioner, please contact us. Such referrals will be considered on a case-by-case basis.

For referral forms please call the number below:

**Telephone: (705) 848-2800**  
**Telefax: (705) 848-3752**  
**E-mail: anne@nscss.com**

**1 Newfoundland Walk, Elliot Lake  
Ontario P5A 1Z5**