



## A history of experience

West Park opened in 1904 as a tuberculosis sanitarium and became one of the largest facilities in Canada devoted to the most advanced cases of the disease. With the development of new TB treatments, we were able to apply our exemplary care to more health care issues.

Today, West Park is a regional adult rehabilitation centre, a provider of complex continuing care and long-term care services. Our specialized skills and expertise in meeting complex physical rehabilitation needs are internationally recognized.

## You can help

Donations to the West Park Healthcare Centre Foundation support research and the purchase of equipment not covered by provincial funding.

To add your support, contact the Foundation office at 416-243-3698 or [foundation@westpark.org](mailto:foundation@westpark.org).



## Rehabilitation options available to you

West Park Healthcare Centre offers access to fee-for-service acupuncture, chiropody and orthotics, chiropractic, cold laser, massage, occupational therapy, physiotherapy, warm-pool therapy/aquafit and other services at the West Park Rehab Plus rehabilitation and wellness clinic.

To find out more, call West Park Rehab Plus at 416-243-3778 or visit [www.westparkrehabplus.com](http://www.westparkrehabplus.com).

### TRANSPORTATION

TTC: (416) 393-4636

Wheel Trans Customer Service: (416) 393-4111

Wheel Trans Reservations: (416) 393-4222



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[www.westpark.org](http://www.westpark.org)



## Seniors Mental Health

Getting practical advice and information about mental health problems for seniors



## What is mental health?

Mental health is a state of well being where we can realize our own abilities, cope with stress, and maintain healthy supportive relationships.

As we age, there are risks to our mental health such as poor health, loss of relationships, isolation, or low income.

For older individuals, depression is as common as other leading chronic health problems such as diabetes and heart disease.

We know from research that promoting and maintaining mental health among seniors has a positive impact on their overall health, well-being and quality of life.



# Seniors Mental Health Service

## What services we provide and how you can access them

### How can West Park's Seniors Mental Health Service help?

West Park's Seniors Mental Health Service helps older adults who are 60 years of age and older. If you find you have a depressed mood, memory loss, anxiety or nervousness or have difficulty managing everyday activities, you may find it helpful to talk to us.

We will come to your own place of residence if you live in Etobicoke, York and North York (west of Dufferin Street). If you live outside of these areas, we can suggest a similar service in your neighbourhood.

### What to expect

An assessment is conducted in your home by a mental health professional such as a social worker, nurse or occupational therapist. We will help you review your present challenges and work with you to define the areas you would like to work on.

If you are concerned about your memory, we can do memory testing with you. We can review your medications, your health challenges and discuss how these may be impacting your mental health.

Family members/caregivers are welcome to attend and be active participants in this process.

We have a psychiatrist on our team to consult with on your behalf and we can coordinate care with your family doctor, with your consent.

The service provides practical advice and information about mental health problems to help you cope. We can also recommend other community programs and help you access them.

Typically, we are involved with your situation for about four-six weeks and then periodically follow up.

There is no cost for this service.

### How to access the service

Call us directly. For information please call the Seniors Mental Health Service at 416-243-3732.

Referrals can also be made by your Family Doctor or a family member.

Our ability to respond to crisis situations is very limited. We operate during regular business hours, Monday to Friday.

A referral form can be downloaded [www.westpark.org/patientservices](http://www.westpark.org/patientservices). Go to the link for Seniors Mental Health Service.

Referrals may be faxed to 416 243-3735. This a confidential fax line that goes directly to the Seniors Mental Health Service.