



### How to get started

Anyone may refer themselves or someone else to the program. An initial admission screening is provided at no cost to determine the need for a doctor's evaluation. A Mercy psychiatrist will then determine if a patient will benefit from the program.

To refer yourself or someone else to the inpatient behavioral health care program for seniors, or if you have questions, contact us at **580.421.1234**.

### Payment

Medicare and most private insurance plans are accepted.

### Behavioral Health

**Mercy Hospital Ada**  
430 N. Monte Vista Street  
Ada, OK 74820  
580.421.1234  
Fax: 580.421.1499  
[mercy.net/BHAda](http://mercy.net/BHAda)



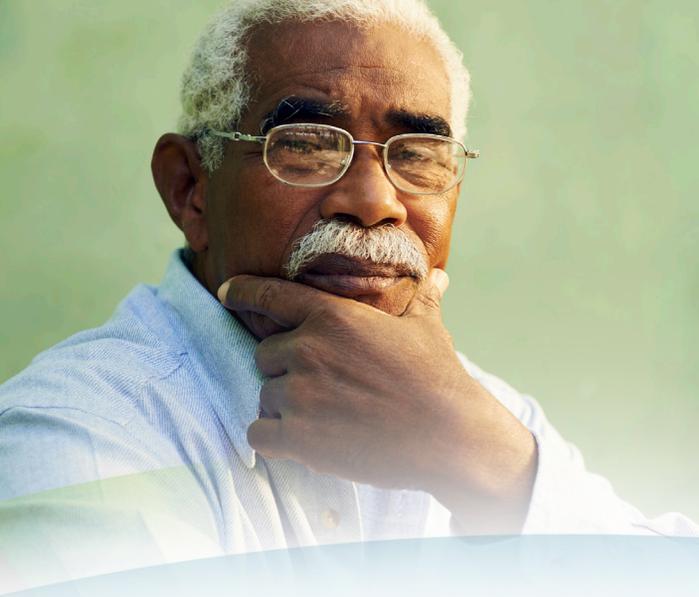
# Inpatient Behavioral Health Care for Seniors

**Caring for patients with age-related emotional and mental disorders**

**580.421.1234**



*Your life is our life's work.*



**Mercy's program offers compassionate, short-term mental health care in the safe and comfort of Mercy Hospital Ada. Ada, where physical and mental care go hand in hand.**

We focus on helping patients whose disorders are getting in the way of basic daily functions and might be placing them at risk of harming themselves or others. This includes patients experiencing various types of:

- Dementia and various types of
- Alzheimer's Disease
- Severe depression, anxiety
- Agitation, combative behavior
- Anger, irritability
- Increased confusion
- Aggression
- Isolation, loss of interest
- Extreme guilt
- Feeling hopeless, helpless and worthless
- Paranoia, hallucinations, delusions, crying
- Suicidal thoughts
- Unresolved grief issues
- Changes in eating and sleeping patterns
- Loss of interest in personal hygiene
- Refusal to take medications

## Who could benefit from the program?

Senior adults suffer from emotional, behavioral and mental disorders at a higher rate than the overall population. However, mental health disorders can go undiagnosed and untreated in older adults because patients and doctors are often focused on more obvious and pressing medical issues.

For that very reason, we develop care plans designed to address both psychiatric and medical needs at the same time. Treatment plans are supervised by a psychiatrist and supported by a team of specialists.

The program's main goal is to stabilize patients - both medically and mentally - so they can be referred to an appropriate aftercare program. Caregivers, family members and primary care doctors are encouraged to participate by watching for problems and helping with solutions.



## Program components

Depending on the needs of each patient, the care plan might include any of the following, in addition to treatment for a patient's medical/physical needs:

- Stress management
- Assertiveness training
- Communication skills
- Conflict resolution skills
- Coping/positive living skills
- Grief and loss resolution
- Group/family/individual therapy
- Cognitive and non-cognitive programs for patients who suffer from various types or stages of dementia.
- Education for:
  - medicine management
  - Health and wellness training

For referrals or questions, please call **580.421.1234**. Our phone is answered 7 days a week.