



ORIENTATION TO PSYCHOGERIATRICS (ICFP - Outpatient Adult Psychiatry)

Population: Individuals 65 years and older and living in the community who are either diagnosed with a psychiatric disorder(s) or require evaluation for psychiatric disorder(s), and who exhibit psychiatric symptoms, behavioural problems and/or risk of psychiatric crisis.

Location: Institute of Community and Family Psychiatry (ICFP)
4333 Côte St-Catherine Road

Interdisciplinary Team: Psychiatrists, Nurses, Occupational Therapist, Neuropsychologist, Social Workers, Art Therapist, Secretary

Psychogeriatric Clinic Services:

The JGH Psychogeriatric Clinic aims to provide timely, punctual services to clients 65 years or older diagnosed with a psychiatric disorder(s) or requiring evaluation for psychiatric disorder(s). The following services are provided by the department:

- Specialized consultation, evaluation and follow up services
- Community Assessment Team (CAT): A specialized consultation service for adults 65 years and older living in the community who require an assessment of an urgent nature or management of a crisis situation.
- Psychiatric expertise to community workers, physicians, health care professionals and family members
- Court ordered treatment follow-up
- Psycho-education and supportive counselling for family members

Occupational Therapy Referrals:

Referrals are written by a physician and come from either an individual's family physician, or through the Guichet d'accès santé mentale. Reasons for referrals commonly include:

- Functional evaluations
- Fall risk assessments
- Supportive interventions/case management follow-up
- Linking with community resources and caregiver support



- Driving screenings or assessments

Occupational Therapy Evaluations:

OT evaluations and assessments will include many, or all of the following:

- Initial Interview
- Administration of formal or informal assessments of global functioning: ADL, IADL, functioning at home, work, interpersonal, leisure, etc.
- Cognitive Evaluations: MOCA, MMSE, competency assessments
- Fall risk assessments
- Assessment of elder abuse
- Community Assessment Team (CAT) Home Evaluations
- Driving Screening/Assessment

Occupational Therapy Interventions:

The majority of OT interventions in the psychogeriatric clinic are group interventions, and/or referrals or links to community resources. Groups available through the JGH psychogeriatrics clinic include:

Psychosocial Group: A structured program run by an Occupational Therapist that includes therapeutic social and recreational activities to provide support and structure to this population, with the ultimate goal of social integration into the community. Therapeutic activities include: education about health and wellness, psychosocial support, exercise, review of current events, creative/art activities and games that stimulate cognitive skills.

Exercise Group: Seated and standing exercises lead to music, including Thai Chi, that are suitable for older adults and that have been shown to reduce clinical somatic symptoms, benefit anxiety and depression, reduce stress and promote psychosocial wellbeing.

Wellness Group: Education, discussion and application of health and wellness topics in order to enhance occupational functioning in the community, increase independence, promote a healthy lifestyle and reduce risk of future illness or injury. Topics include: fall prevention, energy conservation techniques, stress management/relaxation, sleep hygiene, nutrition, social skills/communication, exercise/physical activity.

Creative Table: Art-based activities selected to improve cognitive functioning such as attention, concentration, planning, initiation and memory. Additionally, activities such as sewing, beading, and cutting work are available for improving fine motor skills, visual processing and coordination. Moreover, individuals are encouraged to socialize with other group members, ask for their input, and model appropriate behavior.



Mindfulness-Based Cognitive Therapy (MBCT): MBCT is an evidence-based intervention for geriatric depression and anxiety that has been shown to be highly effective in preventing relapse of depression and other psychiatric disorders. It is a manualized 8-week skills training group-based intervention that integrates mindfulness-based stress reduction (MBSR) with principles from cognitive therapy. Individuals learn both formal and informal meditative practices, such as sitting meditation, body scan, yoga, mindful eating and mindful walking.

Weekly Interdisciplinary Team Meetings:

DAY: Monday at 11:00am
PLACE: ICFP Room 152 (within the psychogeriatric clinic)
FORMAT: Interdisciplinary discussion of new referrals and progress updates of existing clients.

Weekly OT Team Meetings:

DAY: Wednesdays from 12:00pm-1:00pm
PLACE: ICFP Room B-20 (OT room in basement)
FORMAT: Discussion of issues related to OTs working in Mental Health.

ICFP Rounds:

DAY: Thursdays at 1:30pm
PLACE: ICFP Amphitheatre
FORMAT: Presentations by different clinicians on topics related to adult psychiatry.