

# Senior Psychiatric Inpatient Unit

Growing older can also mean the experience of suffering the loss of a spouse or lifelong friend, becoming ill with a chronic illness, losing financial security or changes in physical capabilities that can result in depression, anxiety or other emotional difficulties. Depression and other emotional illnesses are a significant problem in older adults (60 years old and older). National statistics show that one in four older adults suffer from serious emotional difficulties and depressed older adults have the highest risk of suicide in our society.

Individuals with mild to moderate dementia who can benefit from the program, and those with complex but stable medical problems in addition to psychiatric symptoms, are considered.

## Environment

Porter Adventist hospital is a NICHE (Nurses Improving Care for Health System Elders) designated hospital, which recognizes our commitment to excellence in geriatric care. Through Porter's participation in the NICHE program we are able to offer evidence-based, interdisciplinary approaches promoting better outcomes, positive experiences, and improved care for older adults.

Our goal is to provide a therapeutic environment which allows our patients to maintain as much normalcy in their everyday routines as possible. For patient comfort and convenience, our 14 bed unit provides private rooms.

- Newly renovated and tailored to meet the needs of older adults
- 14 private rooms with bathroom en suite
- Comfortable, homelike atmosphere

## Treatment

The average length of stay is 10-14 days. Treatment is individualized and includes:

- Psychiatric evaluation and medication management by board-certified psychiatrists
- Comprehensive medical evaluation, monitoring, and treatment
- Structured activities including individual and group therapy
- Discharge planning and assistance with transitioning back to the community
- Electroconvulsive Therapy (ECT) is available to those who may benefit from the treatment
- Programs (Substance Use, Mental Health, Dialectical Behavior Health) are available for those individuals needing step down support

## Treatment Team

Our highly trained and compassionate treatment team is led by highly trained staff psychiatrists and includes other physicians, registered nurses, licensed clinical social workers, licensed therapists, dietitians, activity therapists and other mental health workers who work collaboratively with the patient, family, community providers, and others to develop individualized treatment goals and a discharge plan back to the community.

## Insurance and Managed Care

Porter Adventist Hospital is a Medicare and Medicaid provider. Most private insurance plans are also accepted.

## Information and Referrals

For more information or to make a referral, please call us at **303.765.6969**, 24 hours a day, 7 days a week or visit our website at [porterhospital.org/behavioralhealth](http://porterhospital.org/behavioralhealth). **Referrals can also be faxed to: 303-778-5661**

Behavioral Health Services  
Porter Adventist Hospital



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[porterhospital.org/behavioralhealth](http://porterhospital.org/behavioralhealth)