**Program Components**

The Inpatient Geropsychiatry Program's multidisciplinary team of healthcare professionals provides:

- Individual assessments
- Psychiatric treatment
- Medication evaluation and monitoring
- Skilled nursing services
- Behavioral evaluation and treatment plan
- Neurobehavioral assessment and consultation
- Psychosocial assessment
- Medical consultation when needed
- Therapeutic milieu and structured group program
- Activities therapy
- Family involvement in education and treatment
- Case management and discharge planning
- Detoxification when needed
- Clinical liaison to provide follow-up information.

**Information and Referrals**

To make a referral, call the Intake Department, 24 hours a day, 7 days a week, at (800) 22-ACCES.

For more information about the Inpatient Geropsychiatry Program, please call Emily Carlson, RN, Director of Education, at (781) 829-7106 or e-mail Emily.Carlson@uhsrc.com.

**Insurance Coverage**

Inpatient psychiatric care is a covered service of Medicare, Medicaid, and other health insurance programs. For more information about whether a specific patient has covered days which make him or her eligible for services at Pembroke Hospital, please call the Intake Department at (800) 22-ACCES and they will be able to assist you.

**About Pembroke Hospital**

Pembroke Hospital provides comprehensive inpatient treatment for adolescents, adults and older adults. The hospital also offers partial hospitalization services for adolescents and adults. Our specialty programs include dual diagnosis services for individuals with co-occurring psychiatric and substance disorders.

*Pembroke Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. In addition to Pembroke Hospital, Arbour Health System includes Arbour Hospital, Boston; Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour Counseling Services, with eleven locations throughout eastern Massachusetts; Arbour SeniorCare; and Choate ESP.*

**About the Cover**

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.
DESCRIPTION OF PROGRAM

Pembroke Hospital’s Inpatient Geropsychiatry Program is a dedicated unit for older adults with psychiatric and/or behavioral problems. The program is designed to treat the complex interplay of mental health and physical needs of the older adult. With a 20-bed dedicated unit, the program offers rapid, focused assessment and treatment for adults requiring hospitalization for behavioral, psychiatric or neuropsychiatric difficulties.

Many older adults become depressed following the loss of spouses, friends, health or work roles. Others experience anxiety, depression and other behavioral health problems while residing in assisted living, nursing and continuing care facilities. Some older adults may experience troublesome anxiety, fears, and worries. Such individuals can find relief of symptoms and improvement in the quality of their lives by participating in a variety of therapies that are available as part of the Pembroke Hospital Inpatient Geropsychiatry Program.

Program staff maintain ongoing communication with the patient’s primary care physician or extended care facility while the patient is in our program, in order to ensure continuity of care. The continuum of care also allows for focused discharge planning and links inpatient treatment with other levels of care including partial hospitalization, outpatient counseling, and long-term care facility staff. With appropriate aftercare planning, certain patients are able to make the transition to their community after stabilization.

PROGRAM GOALS

The primary objectives of the program are to:

• Provide a comprehensive evaluation of the older adult
• Restore and maintain the patient’s maximum level of functioning
• Support the patient’s continued functioning in the community or long-term care residence
• Provide information to the families and referral sources that will enhance their understanding of the patient’s strengths and weaknesses and contribute to treatment planning goals
• Ensure a coordinated treatment approach
• Optimize the coping capacity for both the patient and the caregiver in the community.

ADMISSION CRITERIA

The program is appropriate for older adults who have the following presentation:

• A wide variety of psychiatric disorders
• A diagnosis of early and mid-stage dementia that renders the patient unable to negotiate the current environment, including dementia with depression, psychosis, or other co-morbid psychiatric disorder
• Cognitive limitations resulting in psychological and/or behavioral impairment
• Potential danger to self and others by reason of a mental illness
• Acute disabling symptoms such as impaired reality testing, disordered or bizarre behavior; or severe depression
• Impaired functioning attributable to the psychiatric disorder, which is of sufficient intensity to interfere substantially with ordinary demands of the environment including social, familial, educational or occupational functioning.

Referred patients who need assistance with activities of daily living (ADLs) are appropriate for the Pembroke Unit. Patients with medical conditions will be screened to determine whether they have clinical issues too acute to manage appropriately at Pembroke Hospital. Clients requiring wound care or indwelling urinary devices will be screened on a case-by-case basis.

Exclusionary criteria include, but are not limited to, patients who require continuous oxygen, IV fluids, J/G tubes or total parental nutrition. In addition, patients with resistant infections, advanced dementia/Alzheimer’s disease and patients needing more than one person assistance with ADLs are not appropriate for the unit.

Please call Emily Carlson at (781) 829-7106 or call the Geropsychiatry Unit at (781) 829-7111 regarding any other specific medical conditions that may preclude patient acceptance in our program.

When a patient is being referred directly from a hospital, nursing home, or assisted living facility, the team at Pembroke gathers as much information as possible prior to the patient’s acceptance and transfer. If the patient is being referred from an outpatient program, he or she will need to have a level of care evaluation by Pembroke’s Evaluation Services Team. Also, insurance authorization and medical clearance, will need to have been received prior to admission.

Having complete clinical information allows Pembroke to make the transition easier for the patient. Once the patient is on the unit, our clinical team, including the doctor, nurse and social worker, will begin a plan of care for his or her stay.