



Canadian Mental
Health Association
Peel
Mental health for all



Intensive Seniors Community Team





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How does ISCT Case Management differ?

Case managers are committed to seniors needs

- Assist seniors in navigating benefits that they are entitled to access, e.g., CPP, ODP, OAS & GIS
- Assist in connecting to resources to empower their independence
- Senior programs that are close in proximity to their area of residence e.g., community centers, library, active community where they can feel like they are a part of the community
- Help arrange health services, home supports, and transportation



Referral Criteria

- **Clients over 60, residing within CW-HCCSS catchment area**
- **Clients experiencing complex geriatric mental and physical health needs such as**
 - Social isolation, failure to thrive
 - Functional and cognitive decline related to age
 - Lack of sufficient support system
 - Psychoeducation
 - Medication education (Polypharmacy)
 - Nutrition assessment/education
 - Clients in need of Geriatric specific Psych assessments
 - Health care advocacy



Strategies to Manage Low Mood

- Low Mood: Is an emotional state that a person may experience that can make one sad, anxious, worried and tired, most at times disinterested in activities. When low mood is severe, it may impact a person's daily activities(depression).

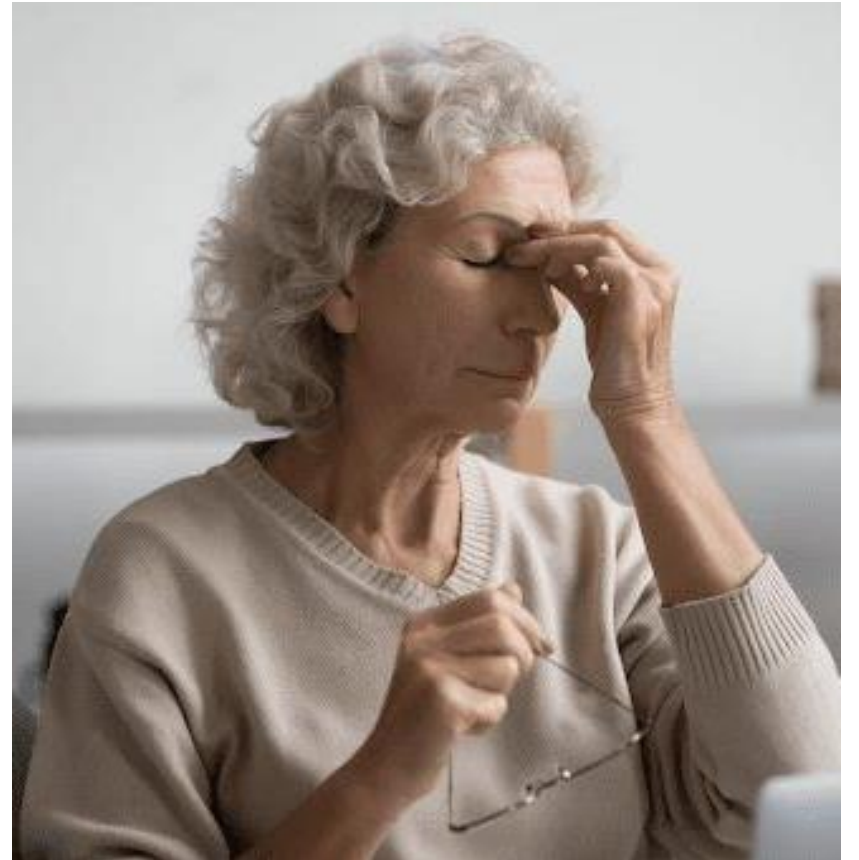
Quick facts of Low Mood

- Everyone experiences low mood once a while.
- Low mood is usually short lived.
- Low mood does not affect a person's ability to live a normal life.
- Can still find fulfillment in positive events.



Signs of Low Mood

- Continuous worrying.
- Excessive tiredness
- Often feeling sad.
- Easily getting irritated.
- Low self-esteem



Causes of Low Mood in Seniors

- Social Isolation.
- Physical Illness
- Mental Illness
- Loneliness
- Addictions
- Lack of exercise or physical activities.
- Abuse



Managing Low Mood

- Develop a realistic healthy routine.
- Chat with someone.
- Engage in healthy exercises and activities.
- Practice mindfulness, positive thinking and affirmation.
- Be intentional about self care.



Managing low mood

- Engage in volunteering.
- Experience and enjoy nature.
- Plan play dates and outings with friends and family.





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Questions?

Thank You

