

## Senior Services at Jefferson Center

### SENIORS FACE UNIQUE CHALLENGES...

... loss of independence, ailing health, loss of loved ones, and sometimes isolation. Senior Services at Jefferson Center is a unique group of programs offering a variety of mental health services for older adults who are facing life's ups and downs.

With professional counselors providing the utmost respect to each client and his/her individual situation, Senior Services at Jefferson Center helps older adults **strengthen confidence** and the **ability to cope** with everyday difficulties.



**Senior Focus  
at Jefferson Center**  
(303) 432-5575  
[www.srfocus.org](http://www.srfocus.org)

**Senior Outpatient Services  
at Jefferson Center**  
(303) 425-0300  
[www.jcmh.org](http://www.jcmh.org)

**Senior Reach**  
1-866-217-5808  
[www.seniorreach.org](http://www.seniorreach.org)

**Senior Peer Counseling at  
Jefferson Center**  
(303) 432-5716  
[www.jcmh.org](http://www.jcmh.org)



**Jefferson Center**  
for mental health

4851 Independence St.  
Wheat Ridge, CO 80033  
[www.jcmh.org](http://www.jcmh.org) • (303) 425-0300

12-10

## Senior Services at Jefferson Center

*A comprehensive  
continuum of services  
for seniors in Jefferson,  
Gilpin and Clear Creek Counties*



**Jefferson Center**  
for mental health

# Senior Services at Jefferson Center



**Older adults often encounter challenges which may significantly impact their sense of well-being.** Common occurrences such as retirement, changes in health, loss of family members or friends, difficult relationships or fearing loss of independence may bring about feelings of sadness or worry.

**Counseling works!** Senior Focus licensed therapists provide individual and family therapy for older adults with Medicare and/or commercial insurance. Senior Focus is professional, caring, responsive and unhurried.



Through solution-focused counseling, Senior Focus helps older adults regain confidence, increase their ability to cope with everyday changes, and assists with maintaining health and independence.

For more information go to our website at [www.SrFocus.org](http://www.SrFocus.org) or call us at (303) 432-5575



**Senior Services Outpatient is a mental health program offering a wide array of services primarily for seniors who have Medicaid or no insurance.**

In addition to individual therapy, care management and psychiatric medication evaluations, groups are conducted providing social interaction, problem solving and psychoeducation.

Care management services are provided to clinic and nursing home clients. Care management ensures coordinated, personalized care, and valuable links to Jefferson Center and other community resources.

Collaboration with community nursing facilities serves to cultivate holistic, well-planned care for residents who experience mental health concerns. Annual trainings are provided for nursing facility staff as are on-site trainings as requested.

For more information call us at (303) 425-0300 or visit our website at [www.jcmh.org](http://www.jcmh.org)



Reaching Out ♦ Meeting Needs

**Do you know an older adult who needs help? Warning signs may be:**

- Changes in personal appearance, unkempt, dirty clothes or weight loss
- Personality changes, confusion, disorientation, memory loss
- Changes in the condition of the home, trash in yard, neglected pets
- Appears depressed, withdrawn, anxious, or recent loss of spouse
- Difficulty seeing, hearing, or walking, alcohol or substance abuse
- Confusion over money matters and an inability to afford necessities

By calling Senior Reach, you can help the older adult before a serious crisis develops. Services include assessment, counseling, wellness coaching and care management and can be provided in the senior's home. Senior Reach is for adults 60 years or better and living in Jefferson, Clear Creek, Gilpin, Broomfield or Boulder.

Senior Reach also offers presentations in a variety of community settings on the unique needs of seniors. Contact us to schedule a training.



Caring men and women over the age of 50 volunteer their time to provide companionship to seniors who otherwise may be isolated and need connection. These lay counselors offer emotional support by actively listening to seniors and sharing life experiences. Seniors are assessed and paired with a peer counselor to ensure a good match. Peer counselors meet in the senior's home or elsewhere in the community, for an hour each week and services are free of cost.

To learn more, contact Naomi Kaplan, Program Coordinator at (303) 432-5716



A collaborative program with



The Mental Health Center  
Serving Boulder and Broomfield Counties



SENIORS'  
RESOURCE  
CENTER

For more information, visit [www.seniorreach.org](http://www.seniorreach.org) or call us toll free at 1-866-217-5808