



No matter how strong you are, it can be not easy to cope with the challenges of aging, such as:

- Loss of loved ones
- Physical health challenges
- Changes in independence associated with aging

Sometimes you may need a helping hand to find the happiness and satisfaction this stage of your life can offer.

# INSPIRATIONS

Our Inspirations program is a premier provider of outpatient counseling services for senior adults. We offer a relaxed, comfortable, and encouraging environment where patients participate in groups designed to promote the achievement of individualized treatment goals.

Clinical assessment and treatment oversight by a physician; group, individual, and/or family therapy; education and management of mental illness; multidisciplinary team assessment; therapeutic activities and transportation.



The National Institute of Mental Health reports that symptoms of depression are often overlooked in older people due to differences in clinical signs and/or reluctance to admit to feelings of sadness. Research indicates that symptoms of depression often improve in older adults who receive treatment with counseling, medication, or a combination of both services. By providing compassionate mental health treatment, Inspirations helps older adults heal and find hope during difficult situations. We will provide a screening at your convenience in the comfort of your home.

- We offer two schedule options for participants: Mornings: 8:30 am to 11:45 am; Afternoons: 12:15pm to 3:30pm
- We accept Medicare

Achieve lifelong health and make the most of every stage of your life!

IF YOU OR SOMEONE YOU KNOW COULD BENEFIT FROM THIS PROGRAM  
PLEASE CALL

**580.251.8250**

