

**For more information please contact the local SJHH
Seniors Mental Health Program office:**

Hamilton and Brant Seniors Mental Health Service

100 West 5th Street, St. Joseph's West 5th Campus

Hamilton, ON

Office #: 905-522-1155 ext 36396

CBT Group Contact:

Judy Harris ext 36687 or jharris@stjoes.ca

Halton Seniors Mental Health Outreach Program

5230 South Service Road

Burlington, ON

Office #: 905-681-8233

CBT Group Contact:

Linda Kallio, ext 234 or lkallio@stjoes.ca

Niagara Seniors Mental Health Outreach Program

26 Hiscott Road

St. Catharine's, ON

Office #: 905-704-4068

CBT Group Contact:

Jo-Anne Edmondstone ext 226 or jedmonds@stjoes.ca

Group Start Date and Location:

Please contact the area CBT Group contact person identified above to find out the tentative start date and location for the upcoming CBT Group for older adults with depression.

- Potential group participants may be screened in person or by telephone prior to attending the group



Cognitive Behavioural Therapy (CBT) Group

Serving Older Adults With Depression



Target group:

Older adult men and women living in the geographic areas we serve who are a minimum age of 65 years, with a primary diagnosis of depression and who are well matched to this therapy service. .

Objectives of the Group:

By participating in a brief structured group therapy program designed for older adults, members are exposed to a variety of group and CBT strategies aimed at assisting them to reduce their level of depression and anxiety plus enhance coping skills for managing problems and everyday stresses associated with the older adult.

Format:

- Screening interview to determine suitability
- A closed group of 8 to 10 members
- Weekly two hour sessions for 12-16 weeks – *length of group to be established prior to the start of the group*
- Group booster sessions- *to be discussed*

Description of the Program:

Interested individuals will be **referred to the program by their family doctor**. Individuals may be asked to meet with a group facilitator to provide an opportunity for the individual to get more information,/ask questions and for the facilitator to screen whether the group CBT program is suitable and the “right fit” for the person.

The Group sessions are structured to include:

1. Audio-visual tapes and presentations on aging, depression in the elderly, CBT theory and strategies
2. Life review
3. Skill oriented exercises
4. ‘*Take-home tasks*’ in between sessions that integrate and consolidate theory and coping skills.
5. Individuals will be asked to complete objective measures used to evaluate the process.

Reading material is available.

What is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy focuses on our thoughts and perceptions and how it causes us to feel and behave as we do. By evaluating and changing our thoughts first, we can positively influence our emotions and reactions regardless of what is going on around us.

The Cognitive Behavioural Therapy (CBT) Group sessions focusing on depression in older adults includes some of the following themes and discussion topics in a ***comfortable*** and ***welcoming environment***:

- Adaptation to aging
- Where to go from here?
 - Goal setting and Values
- Coping with aging and overcoming barriers
 - CBT Model of Depression
 - Building social supports and a daily routine of balanced activity.
- Behavioural Barriers:
 - Behavioural activation
 - Pleasant activities - planning your week
- Thinking Barriers: Cognitive Change
 - How we think affects the way we feel
 - Common mistakes of the mind
 - Taking a more realistic look at your life
- Relationship Barriers
 - Assertiveness training