

You qualify for our services if:

- You are 65 years old or older.
- You are a current client of Community Geriatric Mental Health Services.
- You live with mental health issues related to aging:
 - depression
 - anxiety
 - memory changes (dementia, Alzheimer's)
 - behaviour changes
 - disturbed thoughts (fears, phobias, paranoia)
- You currently live in one of these cities:
 - Burnaby
 - Coquitlam
 - Maple Ridge
 - New Westminister
 - Port Coquitlam
 - Port Moody
 - Pitt Meadows
- There is a real or possible danger of you being neglected or abused.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Print Shop #264352 (November 2014)

Community Mental Health Services Occupational Therapy

Helping Seniors Live Life to the Fullest



Your healthcare provider feels you would benefit from seeing a mental health occupational therapist.

What is an occupational therapist?

We check how you are doing in your everyday activities and look at ways of making these activities easier and safer.

Some of your everyday activities might include:

- bathing and dressing
- taking medicines
- doing household activities like cooking and cleaning
- doing leisure activities
- working outside the home
- spending time with friends and family

Our goals are for you to be as safe and independent as possible and to live your life to the fullest.

What we do

We start by meeting you. We ask questions to learn about who you are, what is important to you, what you do each day, what you do for fun, what you want to be able to do, and what gets in the way of your doing these things.

We then help you:

- Work towards your goals for health and wellness.
- Develop the skills to live safely at home and in your community.
- Build a social support network in your community.
- Get connected with community resources.
- Find activities or interests that add value to your daily living.

We might:

- Suggest equipment or changes for your home to make things safer and easier.
- Help you explore different leisure activities to do in your home and community.
- Suggest you attend one of our group programs.