

# LEGENDS

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## A Special Program for Seniors



### PROGRAM OVERVIEW

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- Treatment of depression, dementia, acute psychosis and adjustment disorders of aging
- Senior Specific, 65 years and older, voluntary program
- Hospital Inpatient program
- Program covered by Medicare
- Medication Management
- Physical, Recreational and Occupational Therapists & Registered Dietitians
- Family support groups
- Comprehensive discharge planning
- Free assessment

### PATIENT REFERRAL

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Physicians, mental health professionals or family members may make referrals to the LEGENDS program by contacting the center directly. The patient, if clinically appropriate after assessment, will be admitted and followed by a psychiatrist and a primary care physician for treatment.

### TREATMENT PROGRAM

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LEGENDS focuses on patients with depression, manic depressive illness, dementia, acute psychosis and adjustment disorders of aging. LEGENDS provides an individualized treatment program for each patient. A variety of approaches are used including group, individual and family counseling. In addition, LEGENDS provides specialties such as occupational, physical and recreational therapy.

### PROFESSIONAL SUPPORT STAFF

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Our multi-disciplinary team includes psychiatrist, psychologists, social workers, psychiatric nurses, registered dietitians, occupational and recreational therapists. Primary care physicians are an active part of the medical management team.

### FAMILY SUPPORT

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The patient's family is considered an important part of the management team and is encouraged to participate in the family conferences, discharge planning and weekly family support groups. This ensures that the patient's progress and accomplishments are maintained by the new living skills learned in the programs.

### INSURANCE COVERAGE

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Hospital treatment services for patients who qualify for admission to LEGENDS are covered by Medicare and supplemental health insurance plans.

### LOCATION

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LEGENDS is located at Valley Memorial, 1111 E. Stanley Blvd., Livermore, CA 94550. For evaluation/admission, please call: (800) 884-8038 or (925) 373-8038. Our fax number is (925) 373-4067. Lines are answered 24 hours/day.



*A not-for-profit health system*

# Legends

A special program for seniors

FREE

Presentations done as a community education service for staff and seniors. No charge. Presentations done at your facility.



For a healthy lifestyle and better understanding of seniors and the aging process.

You pick time and date

Before or after resident of staff meetings of shift changes.

Education, gifts and resources.

A part of Valleycare Health System

## 1. **Dementia Communication**

for staff, family or residents.

## 1. **Depression, Compassion, Delirium & Dementia**

for staff or family.

## 3. **Signs & Symptoms of Depression**

for staff or Residents.

## 4. **Depression and Dementia**

for staff for residents.

## 5. **Aging Bingo**

Education on depression for Residents

## 6. **Holiday blues**

Issues & remedies for Residents

## 7. **In Service**

for staff or family on Legends Program.

## 8. **“NEW” Grieving Properly**

for residents.



## **LEGENDS** /a special program for seniors

**\*Do you know a senior who is declining from depression, dementia and behavioral issues?**

**\*Does the person need medication management, physical, recreational & occupational therapies, structure, placement?**

### **Criteria:**

**Depression – Hopeless/helpless  
& Tearful**

**Isolating from family & friends**

**Negative feelings**

**Agitation or anxiety**

**Confusion**

**Sleeping too much or too little**

**Appetite change/weight loss**

**Fatigue all of the time**

**Feeling hopeless / helpless**

**Hallucinations**

**Delusion**

**Panic Attacks**

**Suicide ideations or plans**

**Free assessment for Criteria 925-373-8038**