

## **Eligibility Requirements for Older Adult Clinical Services (OAMH)**

**The Older Adult Team provides mental health treatment including outreach, psycho education, therapy (individual and family), case management and complex geriatric mental health assessments.**

1. **Must be a resident** of the City of Alexandria.
2. **Must be age \*65 or older.**
  - \* **Functionally Geriatric\*** will be considered on a case-by-case basis by the team supervisor. Level of functionality as well as the availability of staff will be considered.
3. **Must have diagnosis or symptoms of a mental health problem** as defined by DSM 5 and/or dementia with behavioral problems. Persons with **co-occurring disorders** under DD or SUD, that also have mental health diagnosis/symptoms are eligible.
4. **Insurance types:** person can be uninsured, Medicaid, Medicare or private insurance  
\*\*. HMO's that do not reimburse for DCHS/CSB services are not routinely eligible.
5. **Priority Cases:**
  - Urgent APS, Police, EMS, or community referrals of high, risk, vulnerable senior citizens.
  - State and Local Hospital referrals.

*\*Cases are prioritized by the level of combined mental health and medical needs and/ or care giver needs.\**

### **\*Definition of Functionally Geriatric:**

This definition is considered on a case-by-case basis for persons that are biologically not age 65 or over, but present with the following:

*Functionally Geriatric means the comorbidity of chronic conditions, and /or geriatric syndromes and the frailty of older adults, combined with reduced adaptivity that affects the capacity to perform Individual Activities of Daily Living (IADL's i.e. household tasks, chores, laundry, cooking, cleaning, banking, shopping, etc). Or the capacity to perform Activities of Daily Living (ADL's i.e. bathing, showering, toileting, dressing, feeding oneself.)*

**Common Geriatric Syndromes** include incontinence, falls and gait disturbance, frailty, failure to thrive, osteopenia, sarcopenia, cognitive impairment and severe chronic depression and unexplained weight loss.

**Predictors of successful aging** are (1) avoiding disease and disability, (2) maintaining physical and mental function, and (3) continued engagement with other persons in productive activities.

