

A program provided by St. Joseph Health to help seniors transition through late adulthood.

If you or someone you know is struggling with a decline in quality of life, the Senior Renewal Program can help.

Senior Renewal Program

St. Joseph Health
Burluson Hospital
1110 Woodson Drive
Caldwell, TX 77836
P: 979-567-2273

St. Joseph Health
Grimes Hospital
210 S. Judson
Navasota, TX 77868
P: 936-870-4571

St. Joseph Health
Madison Hospital
100 W. Cross Street
Madisonville, TX 77864
P: 936-349-1671



Senior Renewal Program

**Helping seniors
navigate the
next steps
in life.**



Visit st-joseph.org/services/senior-care/senior-renewal-program for more information.





Senior Renewal Program helps to improve your emotional health and strengthen your physical well-being.

The Senior Renewal Program helps patients face many of life's challenges that come with age such as losing a spouse, family member, or friends, or a decrease in quality of health or mobility. These experiences can feel overwhelming and have a negative effect on emotional and physical health.

What is the Senior Renewal Program?

Seniors have unique problems and needs. Physical decline, loss of independence, social isolation, and multiple losses are just a few that require special attention and can contribute to depression and other behavioral health issues.

This program provides intensive outpatient treatment Monday through Friday with patients returning to their homes each evening.

The outpatient program assists seniors struggling with:

- Grief and loss
- Changes/loss of health
- Social Isolation
- Anxiety, nervousness, worry
- Relationships
- Depression
- Aging/failing memory
- Anger management
- Suicidal thoughts
- Change in eating/sleeping patterns

Assessments and Referrals

The clinical staff at the Senior Renewal Program is pleased to offer a free confidential assessment for the purpose of determining the need for behavioral health services.

Referrals may be made by physicians, nurses, social workers, self or others concerned.

Therapy Sessions

Treatment plans are designed to meet the unique needs of seniors, including group, individual and family session as are appropriate; and can include virtual treatment to maintain ongoing patient safety.

Treatment is supervised by a psychiatrist and provided by a team that includes master level clinicians and mental health providers.

Patient case management is also provided and coordinated with family, caregivers and physicians to maximize treatment outcomes

Treatment Goals

- To improve daily living skills
- To help alleviate symptoms that may interfere with the individual's ability to function
- To support the integrity of the family
- To maximize independence