



LIFE MENTAL HEALTH

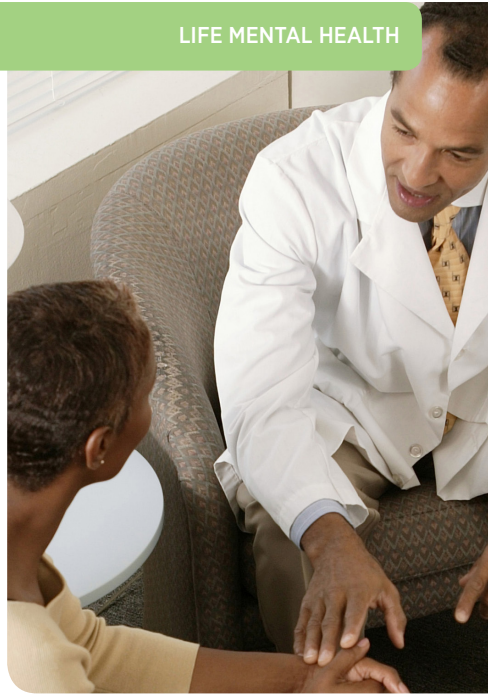
**SPECIALISED GERIATRIC CARE MODEL
OPERATED AT THE LIFE NEW KENSINGTON
CLINIC BY MEMORYCARE™**

Memorycare™

Striving to preserve & enhance quality of life

Memorycare™ is a multidisciplinary team of medical and allied professionals that provides specialist services to people typically older than 50 years of age who experience challenges in memory, mood, mental health and activities of daily living. The team approach ensures a thorough assessment so that several clinical tools are correlated to ensure high quality diagnosis. Early and accurate diagnosis are key to providing best treatment outcomes.

We are based at Life New Kensington Clinic, Kensington, Johannesburg where we provide in-patient assessment and management in the wellness unit, a dedicated 20 bed ward. Out-patient follow-up is also provided at the clinic where the physical rehabilitation atmosphere helps foster psychosocial wellness.



Clinical Team

Our clinical team consists of :

- Dr Ryan Fuller (Psychogeriatrician)
- Dr Lolita Mostert (General Adult & Liaison Psychiatrist)
- Dr Gaveeta Chiba (General Adult & Liaison Psychiatrist)
- Dr Nazeema Ariefdien (General Adult & Liaison Psychiatrist)
- Samantha Williams-Mcleod (Clinical Psychologist)
- Riette du Preez (Clinical Psychologist)
- Urvashi Maganlal (Clinical Psychologist & Neuropsychologist)
- Lauren Marsden (Clinical Psychologist)
- Kim Lewitte (Occupational Therapist)
- Miriam Krawitz (Occupational Therapist)
- Hylton Marks (Social Worker)
- Michael Mzomera (Community Care Manager)





How our programme is different

We focus on systemic family-centred assessments with special attention to cognitive, emotional and functional ability. A thorough interview and medical workup helps identify areas of concern that impact quality of life. Common challenges include bereavement, depression, anxiety, short-term memory loss, confusion and agitation. In practice, many of our patients need detoxification from excessive medication in addition to effective liaison with other medical specialists depending on the patients' medical conditions.

Programme focus

A key component of our functional assessment is the **group programme**. Patients attend medical, psychology, occupational therapy, social work and nurse-led activities on a daily basis. Weekly care planning meetings with the family helps allocate resources efficiently so that the recovery process is effective and sustainable. This helps reduce **unnecessary and costly hospital re-admissions** associated with adverse health outcomes.



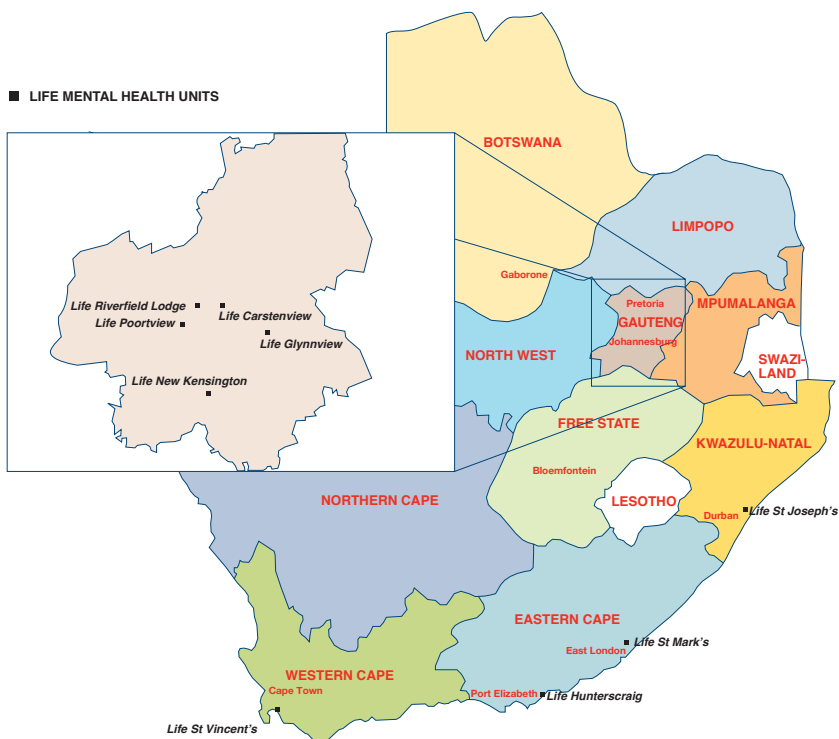
Our clinical psychologists provide individual psychotherapy such as cognitive behavioural therapy (CBT) and cognitive stimulation therapy (CST), family psychotherapy, pre-and-post diagnostic counselling in addition to neuropsychology for detailed cognitive assessments to plan individualised management. Our occupational therapists provide individual assessments in the clinic or at the patient's home to promote independence. Assessments focus on safety, to reduce problems such as recurrent falls, and personalised activities to promote cognitive, physical and social stimulation. Social work forms a very important part of our multi-disciplinary service. Our social worker provides support to patients and families by assisting with placements, home assessments, family counselling and general case management. Depending on the clinical need, patients are also referred to a dietician, physiotherapist or speech and language therapist based in the clinic.

For more information contact **Jane** on 071 842 2731 or **Hazel** on 076 675 4358 at **Life New Kensington Clinic** – 011 538 4700



Mental health units across South Africa

■ LIFE MENTAL HEALTH UNITS



Specialised geriatric care model operated at the Life New Kensington Clinic by MemoryCare™

LIFE NEW KENSINGTON

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