
Geropsychology

is the field within psychology that applies the knowledge and methods of psychology to understanding and helping older persons and their families maintain well-being, overcome problems, and achieve maximum potential during later life.

The challenges of aging can affect the general wellbeing of seniors, in fact; older adults have the highest rates of suicide of any age group in the U.S., and depression is its foremost risk factor. In addition, stressors common in late life such as loss of loved ones, relocation, health conditions, caregiving demands, change in employment status, and poverty significantly affect the health and independence of older adults.

We provide assessment and treatment services to adults and seniors dealing with stress and strain of everyday life, anxiety and/or mood difficulties, as well as a variety of other related problems including issues with health and the specific challenges faced by older adults.



Stress & Strain

Treatment can help people deal with the stress and strain of work and everyday life. The goal is to help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to live more highly functioning lives. Dealing with such stress and strain can involve assistance with:

- Problem solving
- Improved communication
- Decision making
- Managing major life changes
- Grief/bereavement



Depression

People with mood disorders experience the everyday “highs” and “lows” of life with greater intensity and for longer periods of time than most people. These extremes in mood can interfere with the person’s daily work/school, leisure activities and personal relationships. Some examples are:

- Depression
- Dysthymia
- Bipolar Disorder



Anxiety

People with anxiety disorders frequently experience intense worry and fear over situations of everyday life. These feelings of anxiety can interfere with the person’s daily work/school and leisure activities and personal relationships. Some examples are:

- Panic Disorder and/or Agoraphobia
- Social anxiety
- Obsessive Compulsive Disorder
- Generalized Anxiety Disorder
- Posttraumatic Stress Disorder
- Specific phobias
- Health anxiety

Our Geropsychology Services are tailored to meet the unique and complex mental, social, and physical challenges often faced by older adults, for instance, depression, interpersonal loss, and chronic medical problems.

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