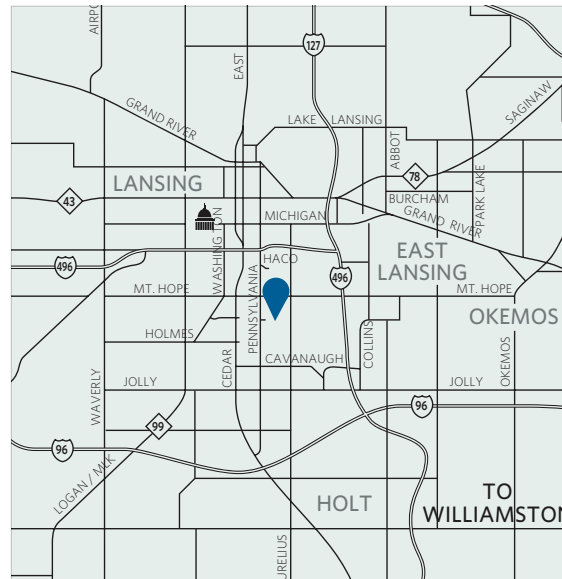


### About Geropsychiatric Evaluation & Management Services (GEMS)

At McLaren's Geropsychiatric Evaluation & Management Services (GEMS) unit we endeavor to make our patients' stay as productive as possible. We pledge to respect each patient's rights and confidentiality as an individual, as well as provide expert, compassionate care. We realize choices of mental health providers exist and we strive to be the regional leader in compassionate mental and medical health services.



2727 S. Pennsylvania Ave. · Lansing, MI 48910  
(517) 975-3212

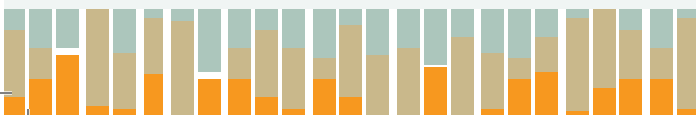
[mclaren.org/lansing](http://mclaren.org/lansing)

MGL-27620 (10.17)



## Geropsychiatric Evaluation & Management Services

*A special program of emotional and mental health care*



## Welcome to Geropsychiatric Evaluation & Management Services

Close to 70,000 adults 65 and older now live in the tri-county region, most independent of their families, most still in the comfort and convenience of their own homes. But many older adults need more than healthy independence; they also need special care for the distinct problems facing them during this unique stage of life.

Nationally we know more than 10 percent of people have mental health needs, and of that 50 percent need acute mental health services.

In mid-Michigan, GEMS (Geropsychiatric Evaluation and Management Services) helps older adults live life to a fuller capacity with the medical, clinical and social support to not only survive but to thrive.

### Expectations of a Stay

We will help patients understand the diagnosis of their illness. We will then outline current treatment options that are generally accepted as being effective to address their issues. Our holistic approach may include medications, psychotherapy, dietary considerations, the role of exercise, spirituality, relaxation and social involvement, and we will also address issues regarding use of substances and lifestyle.

Each individual is a member of his/her treatment team, and is responsible for participation in his/her care. The treatment team includes the psychiatrist, medical physician, nursing, social worker, activities therapist and other medical personnel as needed.

During a stay at GEMS, patients can expect to participate in treatment planning, group therapies, individual assessments, and activity time. Family meetings may also be held, if they are needed, to ensure continuation and understanding of treatment needs. Patients will also be provided with their own quiet time and with visitation time with family and other loved ones.

Length of stay in hospitals is very short and psychiatric hospitals are no different. Recipients of care likely will not be “well” or “cured” when they are discharged to a lower intensity of service, but should have some improvement of symptoms that caused admission with a plan to attain optimal function.

(Usual length of stays varies due to one’s needs but can be as little as 3 days to 15 days, with an average of 7-10 days being the most common.)

### Commitment to Understanding

We want to provide clear expectations and assure patients and their families of our commitment to providing the best quality of care. Patients and their family members should ask questions. If the provider doesn't know an immediate answer they will sincerely attempt to guide you in the right direction to get your questions answered.

### McLaren's GEMS is Here to Help.

While the majority of our patients are above the age of 65, our services can help seniors of any age who are facing distinct problems that might include:

- Anxiety disorders
- Depression
- Prolonged grief over the loss of a loved one or one's independence
- Unusual behavioral or mood changes
- Memory problems, confusion or dementia
- Decreased ability to perform activities of daily living, or trouble with self care.
- Loss of interest in people or usual activities
- Excessive complaints about physical problems when seemingly healthy
- Suspicious behavior or thinking, paranoia or hallucinations
- Uncharacteristic anger, irritability, or agitation
- Physically assaultive behavior
- Trouble with self-care, daily routines or decision making
- Feelings of hopelessness or suicidal thoughts
- Schizophrenia
- Bipolar illness (manic/depressive)

No matter the issue facing you or your senior family members, hope and help are close at hand.

### Getting Help From GEMS

After-hours admissions are coordinated by a member of the GEMS staff. For admissions or for more information, please call the GEMS unit at (517) 975-3212.