



Elliot Senior Specialty Services

in Greater Manchester

138 Webster Street
Manchester NH 03104
603-663-7000

 Elliot Health System

*Dedicated to helping
seniors achieve their maximum
quality of life*





Senior Health Center

The Elliot Senior Health Center is a full service ambulatory healthcare center dedicated to helping seniors to achieve their maximum quality of life. When the Senior Health Center was established in 2002, it was the first of its kind in the nation. Our center offers a seamless network of senior healthcare services, including primary care, senior health psychiatry, outpatient rehabilitation, radiology, senior fitness, health education and physical fitness programs located under one roof.



Senior Health Primary Care

Senior Health Primary Care specializes in treating patients 65 years of age or older. A department of Elliot Hospital, Senior Health Primary Care consists of Geriatricians and Advanced Practice Registered Nurses who are certified and trained in the Geriatric Medicine specialty focusing on senior care.

Our Geriatricians and Advance Practice Registered Nurses work collaboratively with geriatric interdisciplinary healthcare teams which consist of a Social Worker, Nurses, Medical Assistants, and Patient Service Representatives.

Our nurses, provide a comprehensive assessment over the phone and also work collaboratively with the ancillary services located in the center which include working with our Clinical Pharmacist, Elliot Rehabilitation, Anticoagulant clinical and Imaging.





Medication Management Clinic

The Medication Management Clinic at the Elliot Senior Health Center offers patients the chance to meet with the clinical pharmacist one on one to discuss their medications. The pharmacist works directly with your primary care provider as part of your overall healthcare plan. The pharmacist will review your medications with you and will look for things such as drug interactions, side effects, unnecessary medications, potential cost savings, understanding of medications and how effectively you take your medications. A visit with the pharmacist requires a referral from your primary care provider.

Call 603-663-7027 for information.



Anticoagulation Clinic

The Anticoagulation Clinic works one on one with patients to monitor and counsel patients for the duration of their anticoagulant therapy. During your appointment, a registered nurse performs a finger stick test, reviews the results with you and adjusts your dose appropriately. Your results are then uploaded to your electronic medical record where your physician can review them any time. The program monitors your prothrombin time (PT, INR) so that you will achieve and maintain desired therapeutic levels. The clinic serves all Elliot patients from young adult to seniors.

Call 603-663-7076 for information.

Senior Fitness Programs

Elliot Health System offers comprehensive fitness programs to meet the needs of seniors. Certified fitness specialists work with clients 50 years and older to get fit or stay fit. Services include group exercise, strength training, toning, stretching/flexibility and cardiovascular training. Certified Fitness Specialists will work with patients of all ages and abilities and design an individual workout.

Call 603-663-7016 for more information.



Blood Pressure Screenings

Elliot Pharmacy Department holds free blood pressure screenings once a month, on the third Friday of the month, Time: 11:00 - 12:00PM at Senior Health Center where a clinical pharmacist will be available to check a manual blood pressure, verify home blood pressure monitoring devices and can provide education on high blood pressure management. Patients with an Elliot primary care will have their blood pressure and visit documented in their electronic medical record.

For more information or to schedule an appointment call 603-663-7027, walk-ins are also welcomed.





Elliot Rehabilitation Services at Senior Health

Reaching a goal to strengthen or regain physical independence is important to older adults. At the Elliot Senior Health Center, Rehabilitation Services offers outpatient physical therapy for older adults. Experienced Physical Therapists specializing in geriatrics, strive to assist each patient in reaching and maintaining their goal of independence. Patients benefit from an individualized program designed to address specific concerns such as: Orthopedic conditions to include the back, neck, shoulder, hip or knee; Arthritis, Joint replacements, Osteoporosis, Balance and Vestibular disorders (such as falls and dizziness) and Incontinence (urgency or leakage of urine or bowel accidents). Appointments are available Monday – Friday, starting at 8:00 a.m.

For more information or to schedule an appointment, call 603-663-7063.



Elliot Imaging Center at Webster Street

Diagnostic Imaging Services:

- Tomosynthesis-3D Mammography:
Specialty trained Breast Radiologist interpret these
- Bone Density Exams (DXA) for Osteoporosis
- Routine X-ray

Patients of any age meeting the requirements for screening mammography and bone densitometry are welcome to have services here at the Senior Health Center.

Appointments can be made by calling Elliot Hospital, Central booking at 603-663-2180.

Support Group for Caregivers of patient's with Dementia

The Elliot Senior Health Center recognizes that caregivers serve a very vital role in providing the care and support that older adult's need. We understand the frustrations, stress, and even the feelings of imbalance when caring for your own family and a loved one. Elliot Senior Health Center is prepared to support you during this time. Support group meetings are held at the Senior Health Center on the 1st & 3rd Tue monthly, 10-11:30AM.

To register for class contact our social work office at 603-663-7051.

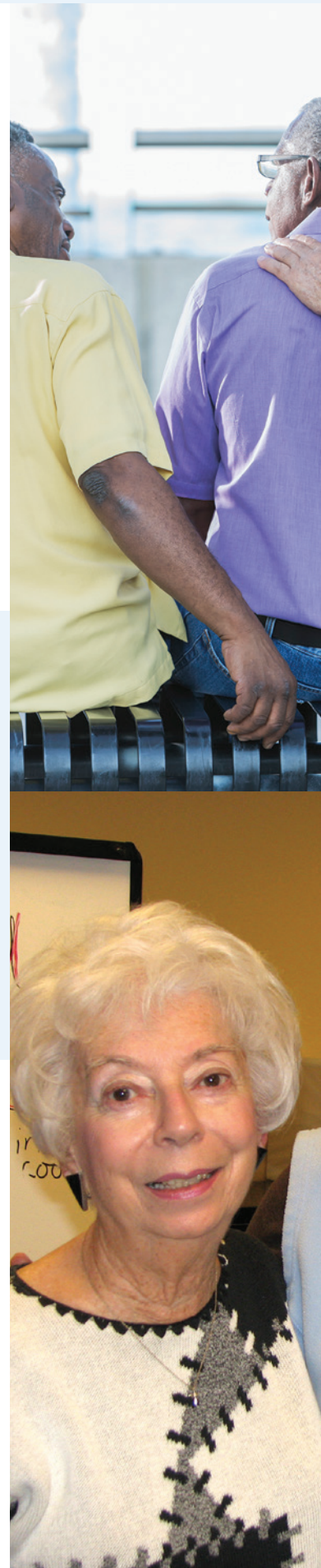
Senior Health Center Parkinson's Support Group

This Program is for people with Parkinson's, family members, friends, or anyone who has an interest in learning more about this disease. This support group is held 3rd Wed monthly, 3-4:30PM.

Call 603-663-7063 for information.

Senior Health Primary Care Patient's Assistance Program

This program is for our seniors who do not have prescription drug coverage or for who those who cannot afford their medications regardless of coverage. Senior Health Primary Care offers support for those patients by assisting them in applying for medication assistance programs.





Generations Geriatric Mental Health

Generations Geriatric Mental Health is a private Geriatric Psychiatry practice providing personalized, integrative care in an environment that fosters patient dignity and respect. The practice has a diverse, multidisciplinary team comprised of Geriatric Psychiatrists, Psychologists, Neuropsychologists, Nurse Practitioners, Physician's Assistants, Social Workers, and Nurses, who have years of experience working with the senior population. Individuals are treated for memory problems, depression, anxiety, and other emotional illnesses. Patients and their families are assisted in coping with aging and illness. Treatment may take place in a variety of settings, including inpatient care, outpatient, and residential care consultation. Comprehensive care available includes:

- Psychiatric Evaluation
- Medication Management
- Individual & Group Psychotherapy
- Social Work Consultation
- Family Support
- Neuropsychological Testing

Behavioral health professionals work closely with Elliot physicians, family, and other healthcare providers to help patients during their recovery.

Contact Generations Geriatric Mental Health at 603-645-5977.



Elliot Senior Health Primary Care continuum of care: Nursing Home and Assisted Living Facilities:

The SHPC geriatric health care team (doctors and nurse practitioners) can follow your care if you require the nursing home or assisted living. There are several facilities they provide senior care services.

The physicians and nurse practitioners at Elliot Senior Health Primary Care are able to follow your care in the event that you need additional recovery time or will be residing in select assisted living or nursing facilities. As a patient, you have the right to make informed decisions regarding your care including the right to choose the assisted living or nursing facility of your choice for continued care. We know it is important for your care to be consistent. Upon the patient's request the Senior Health Primary Care providers are able to direct patient care at facilities we are associated with.

Nursing Homes and Assisted Living:

The Senior Health Primary Care geriatric healthcare team provides senior care services at many of the area nursing facilities, they can follow your care if you require skilled, long term nursing care or assisted living care.





Annual Senior Art Show & Health Fair

Each year Senior Health Center holds a Senior Art Show. The show features original pieces of art work ranging from Acrylic, Oil, Watercolor and Pastels, painted by seniors in the community. This coming year we will be combining our art show with an Elliot Senior Health Fair where you can join us to learn about programs and resources available to the Senior Center. We provide a wide array of services aimed at improving your health and quality of life. There will also be free screenings available such as: fall assessments, flexibility testing, medication reviews, and blood pressure checks.





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