

Seniors Aging Gracefully Everyday

Enhanced outpatient services for older adults



Seniors Aging Gracefully Everyday (SAGE) is a program of McLean Hospital offering enhanced outpatient services to men and women age 60 and older with major depression, bipolar disorder, anxiety disorders, paranoid disorders and psychotic disorders.

SAGE provides intensive treatment on an outpatient basis, enabling older adults to address their illness while remaining independent in their homes or communities. This level of care may prevent the need for hospitalization, shorten a hospital stay or serve as a “step down” from inpatient care.

Individualized treatment plans are developed for each patient. Patients attend the program two to five days weekly from 9:30 am to 1:30 pm, or as prescribed by the attending psychiatrist. A typical day at SAGE includes psychotherapy group and individual counseling as well as other group and individual meetings. Patients meet frequently with the psychiatrist to discuss medication.

Core Treatment Components

- Complete psychiatric evaluation.
- Daily psychiatric assessment by attending psychiatrist.
- Individual and group psychotherapy.
- Psychiatric pharmacotherapy.
- Cognitive behavioral therapy.
- Neuropsychological testing.
- Onsite laboratory work.
- Illness education.
- Medication management.
- Coping skills.
- Family counseling.
- Community-resource need assessment.

continued

McLean Hospital is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.





McLean Hospital

Staff

SAGE is directed by Leora Borek, MD, and Fred Silverstone. Staff includes a geriatric clinical psychologist and other members of a multidisciplinary treatment team who have advanced training in working with and meeting the emotional and social needs of older adults. The team works closely with referring physicians to keep them informed of their patients' progress.

Insurance

McLean accepts Medicare, Massachusetts Medicaid and most private insurance and managed care plans. Medicare covers most treatment costs. Supplemental insurance usually covers the remaining costs. Hospital staff will assist patients and their families in determining coverage.

Transportation

Staff encourages patients to find transportation to and from the program but can provide it for a nominal fee to patients who live within a 45-minute radius of Belmont.

Contact

For further information, call 617.855.2327, Monday through Friday, or visit our website at www.mclean.harvard.edu.

About McLean Hospital

U.S. News & World Report consistently ranks McLean Hospital the nation's top psychiatric hospital. McLean is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.