

WestMass ElderCare's EMHOT can assist older adults with unmet behavioral health needs with counseling and intensive case management support. The social worker and the older adult discuss a mutually agreed upon plan to help with the individual's behavioral health conditions. These may include: depression, anxiety, challenging behaviors associated with dementia, and substance use disorders. Goals are to reduce social isolation, improve medical care coordination, and increase access to needed mental health and wellness supports.

**In addition to counseling, EMHOT services may include help with the following:**

- Resource management (connection and access to food, furniture, medications, and public benefits)
- Family support/collaboration
- Access to community-based therapy services
- Assistance with hoarding behavior
- Discharge planning, and referrals to other behavioral health professionals
- Referrals for medication management, psychiatric care, or other support services.



EMHOT's goal is to provide accessible and timely assessment and behavioral health supports for persons 60 years and older who do not have access to needed supports. An EMHOT referral can reduce or delay eviction, improve overall medical care coordination, limit ER or hospital use, increase access to needed supports, and improve collaboration between behavioral health partners.

There is **no cost** associated with EMHOT.

*WestMass ElderCare EMHOT program is funded through a grant awarded by the Massachusetts Council on Aging from the Executive Office of Elder Affairs.*

**For referrals or more information:**

**Phone:** 413-538-9020 **TTY:** 800-875-0287

**Submit an online referral to:** [www.wmeldercare.org](http://www.wmeldercare.org)

**Email inquiry to:** [info@wmeldercare.org](mailto:info@wmeldercare.org)