



# Orange County Health Psychologists

## Integrated Care for Body, Mind & Spirit

Geropsychologists are behavioral health providers with specialized training in supporting older adults to optimize health, well-being, and overall life satisfaction in later adulthood.

Research reveals about 64% of older adults will experience significant mood improvements after using therapy services.

A Geropsychologist can help you manage:

Chronic disease and illness

Grief & loss

Aging and life stress

Insomnia

Caregiver stress

At Orange County Health Psychologists, we focus on mental wellness and integrated care for mind, body, and spirit. We understand how behavioral health issues can impact physical health. Our goal is to provide specialized mental health care and support patients to achieve optimal health & wellbeing.

You may benefit from a geropsychologist if you experience any of these symptoms:

- Mood changes, depression, irritability
- Worry and anxiety
- Difficulty adjusting to lifestyle changes
- Memory problems
- Struggle to find meaning
- Chronic pain
- Lack of interest in social activities
- Fatigue
- Sleep issues



# Geropsychology Assessment Resource Guide

**G Orfield**



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