

# PSYCHOTHERAPY



Although life's challenges can become overwhelming at any age, mental health concerns compound the many changes that older adults face.

Psychotherapy services are available at the UCCS Aging Center for individuals 55+, groups, couples, and families. Our clinicians are specially trained to work with older adults to address common stressors and problems faced in later life.

*depression, loneliness, anxiety,  
adjustment issues, decision making,  
marital strife*

# MEMORY CLINIC



When is forgetfulness or a “senior moment” a normal part of the aging process? And when is it cause for concern?

The Memory Clinic at the UCCS Aging Center provides screenings for adults 55+ to help determine if memory or thinking difficulties are typical or might signal a more serious problem. Trained student clinicians, supervised by licensed psychologists, can provide a 45- to 60-minute assessment plus feedback, including a review of the results and recommendations for additional services and resources.

*difficulties with daily responsibilities,  
misplacing important items,  
forgetting medications, getting lost,  
financial errors, changes in mood,  
personality, or behavior*

# NEUROPSYCHOLOGICAL EVALUATIONS



Are you concerned that a memory or cognitive problem might be affecting your daily life?

The UCCS Aging Center offers comprehensive neuropsychological assessments that can determine possible underlying causes of difficulties in everyday functioning. The staff also can recommend appropriate treatment and support services, including care plans for affected individuals and families.

*Alzheimer's, stroke, head injury,  
long-term planning, legal and financial  
support, daily living support*

# AGING FAMILIES & CAREGIVER PROGRAM



Loving families and friends often don't know what to do and where to turn when older adults need assistance.

The UCCS Aging Center specializes in education and counseling to meet the psychological and social needs of older adults and those who love them. The Center provides therapy, support, coaching, and referrals to improve the quality of life for older adults and caregivers, build caregiver confidence and competence, and reduce caregiver burnout.

*quality of life, enhancing skills,  
balancing roles, engaging family,  
coping, problem-solving,  
finding resources*

*Services are partially funded by the Older Americans Act/Older Coloradans Act and are available without charge, although donations are accepted. Donations are voluntary and in no way affect services. This program operates in association with the Family Caregiver Support Center at the Pikes Peak Area Agency on Aging.*

## LEGACY GIVING



The challenges of aging touch everyone, whether you are experiencing them yourself or caring for a loved one. A tribute or memorial gift is a tangible way to cherish the memories of those you hold dear while advancing the mission of an organization that serves more than 3,000 seniors annually.

A legacy gift to the UCCS Aging Center can leave an enduring imprint on the only mental health clinic in the Pikes Peak region exclusively devoted to serving the growing population of vulnerable older adults.

*“I was accepted here with low income and resources and given support through some very difficult conflicts. The Aging Center probably saved my life.”*

To learn more, contact Marianne Blackwell, Gift Planning and Leadership Giving, at (719) 255-5099; [mblackwell@uccs.edu](mailto:mblackwell@uccs.edu) or visit [www.cu.planmygift.org](http://www.cu.planmygift.org)

# UCCS AGING CENTER LOCATION



The Aging Center is in the Lane Center for Academic Health Sciences. Please park in any HealthCircle spot or designated handicap spaces if you have the appropriate tag.

4863 N. Nevada Ave., Suite 321  
Colorado Springs, CO 80918

Hours: Monday-Friday, 8-5 pm

Phone: (719) 255-8002

Fax: (719) 255-8006

Email: [AC@uccs.edu](mailto:AC@uccs.edu)

[uccs.edu/agingcenter](http://uccs.edu/agingcenter)



HealthCircle

UNIVERSITY OF COLORADO  
COLORADO SPRINGS