

Sixty Plus Helpline

Finding the right answers takes a lot of time and can be confusing. Whether you are an older adult or a caregiver, one call to the Sixty Plus Helpline can help. Our experts will connect you to resources and provide you with information about services in our community. If you have questions concerning housing, transportation, home delivered meals, or other aging-related services, we are here for you.

Sixty Plus Services operates with no private insurance support and welcomes donations for time and services rendered. All donations are used exclusively for our work with older adults and their family caregivers. Piedmont Healthcare System is a 501(c)(3), not-for-profit institution. Private gifts to Piedmont for Sixty Plus Services are tax deductible.

**For more information or to make a gift,
visit donate.piedmont.org
or call 404.605.2130.**

Piedmont's Sixty Plus Helpline

404.605.3867

For persons in the Mountainside area,
please use 706.299.5059 for toll free calls

SIXTY PLUS SERVICES

piedmont.org/sixtyplus



Real change lives here

Sixty Plus Services

Living the Piedmont Promise by providing
guidance, education and support to enhance
the well-being of older adults and their families.



Real change lives here

Piedmont established Sixty Plus Services in 1987 to help older adults find education and resources to address unique needs, and to support family members in their roles as caregivers. Piedmont Sixty Plus now serves as a resource to patients throughout the Piedmont system.



Comprehensive Geriatric Social Work

Sixty Plus licensed social workers provide assessments of older adults, focusing on the right balance between independence, safety, and quality of life. Our services include:

- Telephonic consultations to support patients and caregivers with information on community resources
- Office consultations for patients and family caregivers
- Home visits to assess patient functioning
- Education for patients and families to help with long-term planning
- Strategies and tools for better communication between patients and the Piedmont Healthcare team
- Education regarding advance care planning

Dementia Support Program

Older patients who have symptoms of dementia are evaluated by Sixty Plus clinicians and then referred to appropriate specialists for further diagnosis. Individual consultations are available to family caregivers in addition to annual workshops and monthly caregiver support groups.

Sixty Plus Services

Sixty Plus Services is a program of education, support and consultation for Piedmont patients who are 60 years and older and their caregivers. We support healthy aging, maximizing independence through information on care options and costs of care, quality of life through advance care planning and caregiver support through education.

Community Education and Wellness Programs

Sixty Plus offers a variety of presentations that are open to the community. Each program features expert speakers who are knowledgeable about current trends and innovations. Presentations cover a wide range of topics such as:

- End-of-Life Planning and Palliative Care at Home
- Healthy Aging
- Caregiver Workshops
- Monthly Caregiver Support groups
- Guidance through Senior Living Options

We are here to help

Piedmont Sixty Plus Social Workers are experts in helping patients navigate issues common to aging.

404.605.3867