

Jean Hardesty, Ph.D.
Clinical Psychology
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Dear Neighbor,

Let me take this opportunity to introduce myself and to explain the services I provide at Glen Park Retirement Community. My name is Dr. Jean Hardesty and I am a licensed clinical psychologist. I received my Ph.D. from USC in 1984 and have a private practice in Encino and Glendale. I am also on the faculty at UCLA.

I became interested in working with older adults when, as a college student, I spent two summers employed as a nurse's aide in a skilled nursing facility. It was there that I first observed the importance of one-to-one communication in helping people adjust to residential living. As my education progressed, I took classes in gerontology and the psychology of aging. I have worked in a number of geriatric settings and I've been a part of the Glen Park Retirement Community since 1997.

I see residents in both Glen Park West and Glen Park East. Residents are referred to me during our weekly case management meetings. Most often, a resident will be referred to me shortly after moving in. I'll introduce myself to the person and ask a few brief questions relating to how well they're doing, whether they're having any difficulties, etc. If I feel that the resident is experiencing psychological problems, with the resident's permission (or their conservator's), I'll conduct a formal overall assessment. If it's appropriate, I'll recommend psychotherapy sessions for that person. The resident and I discuss the course of treatment and the resident may stop therapy at any time and for any reason.

As a Medicare provider, I submit a statement to Medicare for reimbursement. Medicare then submits a billing statement to that person's secondary insurance carrier. Residents who turn their Medicare over to HMO's, e.g., Kaiser, may also use my services but will have to pay for them directly. I am happy to negotiate a fee for services rendered.

Many people think that psychological problems, such as depression, are a normal part of aging. Research has shown that this is simply not true. But we do know that stresses, such as giving up a family home, the loss of a loved one, illnesses, and so forth, are often accompanied by feelings of depression and anxiety. Psychological help can vastly improve a person's quality of life. We're never too old for good mental health.

To inquire about my services, you can contact me through Glen Park or simply by calling my office. Thanks for your time.

Sincerely,

Jean Hardesty, Ph.D.
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