

# Support When it Matters

People living within Residential Aged Care Facilities (RACF) are five times more likely to experience mental health concerns than older people living within the community.

Residents may experience a range of feelings from grief & loss to nervousness. Emotional wellbeing is impacted by many issues such as decreases in daily functioning, transitioning into a RACF, financial stress, increased isolation & loneliness, and chronic illness.

Starting the conversation can be difficult, however many people find it helpful to talk with a counsellor about their feelings. Over time, they can process their emotions and experiences and look forward to a new stage in their life.

We provide free education and training to facility staff, with the aim of creating emotional aware environments for residents, visitors, and staff.



For further information  
contact the Emotional Wellbeing for  
Older Persons program

**1300 111 278** or  
**MHRACS@anglicare.org.au**

This program is funded by Sydney North Health Network

# Emotional Wellbeing for Older Persons Program (EWOP)

Mental health service providing counselling to  
people living in Residential Aged Care Facilities  
and education to facility staff.



## How can we help?

Our program offers individual counselling, group therapy and education for RACF staff members.

We use evidence-based approaches which can help alleviate symptoms of anxiety & depression and improve mood. The program can increase resilience in dealing with life's changes and an increased interest in engaging with others.

## Who can we help?

- Residents within Residential Aged Care Facilities in the Sydney North Region
- Those experiencing low to moderate mental health concerns or those at risk of developing concerns.
- Residents with English as a second language can participate through a translator.
- Residents not being managed by NSW Health Older Persons Mental Health services or Dementia Services.
- Residents without a primary diagnosis of dementia.



**We all have mental health, it's a state of wellbeing that enables you to deal with what life throws at you.**



## What is counselling?

Counselling is a form of 'talk therapy' that is confidential in nature. It is the process of meeting with a qualified Mental Health Practitioner to talk about, and work through issues and problems that they are facing in their lives.

Counselling can help to clarify issues, explore options, and develop coping strategies, with benefits such as better relationships with oneself and others, reduced feelings of distress and an improved quality of life.

EWOP provides counselling in the resident's room, or another private area within the facility for anywhere between 30 minutes to an hour.

## The EWOP Team



EWOP is a team of qualified Social Workers, Counsellors, Psychotherapists and Registered Nurses. Our practitioners are members of professional associations and are bound by its Codes of Ethics.

## Costs?



The EWOP program is FREE to all residents within Residential Aged Care Facilities in the Sydney North region.

Thanks to the Federal Government who provides funding through the Sydney North Health Network.

## How to refer?



If you or someone you know would benefit from engaging in the EWOP program, speak with your Care Manager.