

StarHealth's Wellbeing Support Service for Older Adults

Older Adults in Residential Aged Care Facilities are five times more likely than those living independently to experience mental health conditions.

Residents can be susceptible to feelings of nervousness, sadness, grief and loss to name a few. Many things can cause these feelings such as illness or chronic disease, frailty or loss of independence, financial stress, increasing isolation or loneliness, or changing living arrangements and major life change.

Many older adults can feel as though there is stigma attached to depression and anxiety, viewing them as weakness rather than a general health condition.

Opening a conversation with someone about the way they are feeling can be tough, however many people really do find talking about how they feel helpful.

Inner South Community Health has now become StarHealth



**For further information contact the
South East Melbourne PHN on**
1800 862 363
or Star Health Intake team on
9684 4281

This service has been made possible through funding provided by the Australian Government under the South Eastern Melbourne PHN.

starhealth.org.au



Wellbeing Support Service for Older Adults



starhealth.org.au

How we can help?

The Commonwealth Government has recently provided funding through the South Eastern Melbourne Primary Health Network (SEMPHN) to provide psychological services to people living in Residential Aged Care Facilities in the South East Melbourne region.

Our Wellbeing Support Service for Older Adults is designed to meet the needs of residents with low to mild mental health concerns or those who may feel at risk of mental health concerns and would benefit from individual counselling.

If you or your loved one feel as though you haven't been yourself lately, if you have been down or anxious and feel that you may find it helpful to talk to someone, we can help.

What is counselling?

Counselling is a process of talking about and working through personal concerns. Counselling has been shown to have many benefits and often leads to better relationships, solutions to specific problems and significant reductions in feelings of distress. We can help clarify issues, explore options, and develop strategies.

A typical appointment will involve one of our trained staff seeing you in your room or a private location in the facility for anywhere between 30 minutes to an hour.

Counselling provides confidential support, which means that everything that is discussed is private and only reported in the rare circumstance when there is a duty of care.

Our Team

Our team consist of qualified social workers, psychologists, and students undertaking their Masters degree in either social work or psychology.

How much does it cost?

Nothing!

The counselling and psychological services will be provided at no charge.

How to refer

For further information contact the South East Melbourne PHN on **1800 862 363** or Star Health Intake team on **9684 4281**.

