

*travelling
along your
journey
together*



**Aged Care Resident
Mental Health
Program**



Richmond Fellowship Tasmania has been providing support and services for people with mental illness for almost 30 years. Our staff are trained in and committed to person centred care and recovery.

Richmond Fellowship Tasmania is a not for profit QIC accredited organisation that works with people, their families and carers to improve their wellbeing.

To find out more or to donate,
visit us online at rft.org.au

This program is supported by funding from Tasmania PHN (Primary Health Tasmania) through the Australian Government's PHN Program



What is the Richmond Health Aged Care Resident Mental Health Program?

The *Richmond Health Aged Care Resident Mental Health Program* provides evidence based mental health interventions to Tasmanians living in Residential Aged Care Facilities.

These interventions, which have been designed to provide long term relief and eventual recovery, are delivered by our specialist clinicians who are based throughout the state.

Using a person-centered approach our clinicians are able to support people through their primary concern, as well as connect them with other service providers who are able to provide therapeutic treatments on a longer term basis.

How can the program help me?

The *Richmond Health Aged Care Resident Mental Health Program* allows for up to 10 free sessions with a clinician each year. These can be group sessions, one-on-one, or a mixture of both, and will be conducted at the residential aged care facility where the person lives.

Our mental health clinicians are skilled in working with older people who may be experiencing concerns such as adjusting to living within an aged care environment or coping with grief and loss, as well as assisting with developing recovery goals.

Richmond Health understands that the needs of older people are different and tailor their approach to work both within the residential aged care facility environment, and to suit the needs of the person they are working with.

How can I access the program?

The program is open to anyone that is living in a Residential Aged Care Facility and is experiencing a mild to moderate mental health condition.

The program is not available to people living with dementia as their primary concern, or people who are already receiving services from the Older Persons Mental Health team.

Anyone can make a referral to the program - it's as easy as completing our short referral form, then we will get in touch with the person making the referral.

If you have any questions or feedback about the program, please get in touch with us:

phone: (03) 6228 3344

email: referrals@rftas.org.au

web: rft.org.au

