



## AgeWise

Age Care Residential  
Counselling

*“Our mission is to deliver quality and inclusive person-centred mental health recovery and wellbeing services”*



Richmond Fellowship Tasmania has been providing services for people with mental illness for 35 years. Our staff are trained in and committed to person-centred care and recovery.

Richmond Fellowship Tasmania is a not for profit organisation fully accredited against ISO 9001-2016 and is a registered charity with the Australian Charities and Not-for-profits Commission. Richmond Fellowship Tasmania is working towards accreditation against the National Standards for Mental Health Services.

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

[rft.org.au](http://rft.org.au)



## What is AgeWise?

AgeWise is a free and confidential counselling service available to support Tasmanians living in a Residential Aged Care Facility. AgeWise is supported by funding from Primary Health Tasmania and is delivered via Richmond Fellowship Tasmania.

AgeWise provides up to 10 counselling sessions per year, conveniently delivered in a private space at the persons Residential Aged Care Facility. Sessions can be delivered individually, in a group setting or through a combination of each.

## How Can AgeWise Help Me?

AgeWise supports people through a range of challenges including grief and loss, depression, anxiety, loneliness, relationship issues and difficulties adjusting to significant life changes.

We recognise that every person is different, so our friendly clinicians take a person-centred approach to support the specific needs of each individual.

*“Travelling along your journey, together”*

## How Can I Access AgeWise?

AgeWise can be accessed by anyone living in an eligible\* Residential Aged Care Facility who is experiencing a mild to moderate mental health concern.

Anyone can make a referral to AgeWise. It is as simple as completing our referral form, which can be found on our website. Once we have received a completed referral form, a counsellor will be in touch.

Phone: (03) 6228 3344

Email: [referrals@richmondtas.com.au](mailto:referrals@richmondtas.com.au)

Web: <https://rft.org.au/services/agewise-resident-mental-health-program/>

\*All Residential Aged Care Facilities are required to have a valid Memorandum of Understanding signed with Richmond Fellowship Tasmania before service can commence.

