

Psychological Services in Residential Aged Care Facilities



PROGRAM INFORMATION



The Psychological Services in Residential Aged Care Facilities (RACF) program offers structured psychological therapies that support people with mental health needs living in residential aged care.

The service aims to support residents experiencing mild depression or anxiety and those having trouble adjusting to changes or coping with loss.

Education and training for facility staff is available.

ELIGIBILITY



Individuals living in a Commonwealth funded RACF within the Gold Coast region.

Individuals have the capacity to provide consent (excludes advanced dementia).

ACCESS AND REFERRALS



Individuals can self-refer. Referrals can be accepted from any source including family, facility managers, nurses, doctors, psychologists and psychiatrists.

To make a booking, please visit:
<https://www.changeutures.org.au/contact-us/-bookings>

For GP referrals, please use 'Futures Change' in Medical Objects.

FURTHER INFORMATION



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www.changeutures.org.au/aged-care-referrals



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PROGRAM OUTCOMES

Voices of residents

Reducing anxiety and stress

"I am feeling more peaceful and relaxed after practicing the mindfulness strategies you taught me "

"I've struggled with anxiety for years and I'm finally beginning to understand it. I feel more in control of my body and emotions now.



Adjustment challenges

"I never wanted to come here, but I have learned to accept it. Our conversations have been helpful and I feel I'm ok with it now."
Millie, 84 years

"Our sessions are helping me to accept my declining condition by first acknowledging my grief for the loss of my independence and lifestyle."
Joan 91 years



Reducing social isolation

"I am feeling more confident to join in group activities and go on social outings outside "

"Talking with you has made me think about life and made me want to make new experiences, I am leaving my room more often now."



Improvements in mood

"You have helped me come out of the dark space I've been in for so long."
David, 76 years

"It's like a weight has lifted off me. Talking it through makes such a big difference, I feel much better." Betty, 87 years.

