

Residential Aged Care Older Minds Program



APMHA Healthcare Ltd (APMHA) provides free psychological support to residents in aged care facilities in the western area of NWMPHN region. We call our program "Older Minds".



About the Program

The RACF PTS program is an in-reach service intended to support residents with a mild to moderate mental illness who may benefit from individual, or group based psychological interventions from an experienced allied mental health clinician.

This program is funded by North Western Melbourne PHN and is available to any residential aged care facility (RACF), free of charge, who has a signed agreement in place with APMHA.

To Refer - A copy of our referral form will be provided by the APMHA clinician attending your facility. Once completed, please fax this to **03 9376 0317**

What is the service and who is it for?

The program's free psychological therapy services are provided to residents via face to face, telehealth or video.

The program is for residents with a diagnosed mild to moderate mental illness or who are exhibiting psychological distress.

The mental health therapies delivered to residents under the Older Minds are evidence based therapies and our clinicians have significant expertise in providing psychological support.

What residents would it benefit?

- Residents with mild to moderate anxiety and/or depression
- Those who are having significant transition issues (such as moving to an aged care facility)
- Residents experiencing grief and loss
- Residents experiencing social isolation
- Those experiencing increased anxiety and depression associated separation from family because of the restrictions of COVID-19 and other outbreak situations and;
- Those exhibiting psychological distress.

Please note: A referral from a GP is NOT required to access this service

For more information, please contact APMHA HealthCare on:

P: 1300 514 811 ext. 2

E: olderminds@apmha.com.au