



support • awareness • growth • empowerment  
Older Persons Psychological Therapies

# PSYCHOLOGICAL SERVICES FOR PEOPLE LIVING IN RESIDENTIAL AGED CARE FACILITIES

## Information Sheet for Residential Aged Care Facility Staff and Management

Older people are at greater risk of developing mental health conditions because of the cumulative effect of numerous risk factors, including chronic illness and isolation and personal loss (beyondblue).

Professionals who work with older people in the health and community sector can play an important role in dealing with the detection, treatment and management of depression, anxiety and other mental health concerns (beyondblue).

It is important that older people receive the support

they need to remain fully engaged with their families and community life.

It is estimated that approximately 10% of Australians over the age of 65 experience anxiety, and 10-15% experience depression.

Rates of depression for people living in Residential Aged Care Facilities are believed to be much higher – around 35%. (1).

The Darling Downs West Moreton Primary Health Network (DDWMPHN) are funding RFQ in a 6 month trial, to provide psychological treatment services to people

“When I was young nobody ever spoke or seemed to know about mental health. People are so fortunate these days with all the help there is.”

– Carole, 72, NSW\*\*

living in Residential Aged Care Facilities who have mental health needs. These services will be provided within a collaborative model that respects the roles, responsibilities and operational issues of the staff and management of residential aged care facilities.

TURN OVER TO CONTINUE



The psychological treatment services provided by RFQ will include:

- Low-intensity Cognitive Behavioural Therapy (LiCBT) sessions through the NewAccess program

“Try to understand the ‘why’ of it. Accept that there is hope at the end of the tunnel. Accept you have to do your part.”

– Patrick, 67, QLD\*\*

- 1:1 Occupational Therapy (OT) mental health services, tailored to meet individual needs
- Sensory modulation group interventions

As the service is a trial, we will seek to engage your feedback and make changes to the program as necessary, to ensure there are good outcomes that meet the needs of people with mild to moderate mental health concerns living in Residential Aged Care Facilities.

“From the first session, counselling helped me see through my situation, discover strengths such as resilience – which I have always had but never perceived. Knowing I have resilience enables me to avoid and tackle situations which may lead to a reoccurrence.”

– Brian, 68, VIC\*\*

## Case Study

Cognitive Behavioural Therapy (CBT) was implemented for older community care clients with anxiety and depression. The program was conducted over a series of 8 weeks in client’s homes and with telephone support between sessions. Therapists worked with each older person to

develop a set of goals to achieve and helped them to use problem solving techniques and coping strategies. The therapist also implemented regular relaxation sessions.

The clients found the CBT sessions particularly helpful to manage stressful situations, which they may have previously avoided. The program was

also effective in assisting to reduced or manage anxiety and depression. Several clients noted that the sessions were useful to achieve daily goals that previously seemed overwhelming.

What work to promote emotional wellbeing in older people. beyondblue. Interventions delivered by mental health professionals, p113.



Please contact RFQ at [sage@rfq.com.au](mailto:sage@rfq.com.au)

if you wish to express your interest in being involved in this 6 month trial, being aware that depending on how many RACF’s show interest in participating, we will need to look at where the highest need is.

This service has been made possible by funding from Darling Downs and West Moreton PHN.

1. National Ageing Research Institute (2009). beyondblue. Depression in Older Age: A scoping study. Final report. Melbourne: National Ageing Research Institute.

\*\* Anxiety and Depression in Older People. beyondblue.