

Young @ Heart

Providing resources, education and clinical support to mature aged people who prioritise health and wellbeing.

Who is the program for?

Mature aged persons experiencing adjustment difficulties, memory problems, anxiety or depression; or looking to improve your daily functioning and social engagement.

Program content

- Positive ageing
- Healthy body
- Mindfulness, staying present and focused
- Strength, thankfulness, giving and forgiving
- Self acceptance and telling my story
- Goals and intention board

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About the program

This open group program is designed to meet the needs of our mature aged patients and includes a memory component. Sessions include reminiscing, validation, generating meaning, dignity, positive appraisal and reframing daily experience. It allows participants to engage socially with peers of a similar age group to chat, do light exercise, try memory training tasks and reflect. Topics focus on the past, present and future in an interesting and engaging format. The Therapist invites patients to discuss issues that are most important to them, and to participate in activities that provide a sense of enjoyment and mastery. Activities include art, mindfulness, physical movement, memory games and socially interacting.

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When is it held?

Every Monday for six weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

9:00am - 9:30am	Registration and sign in
9:30am - 3:00pm	Group program

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to South Eastern Private Hospital.

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How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with South Eastern Private Hospital.

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South Eastern Private Hospital