



# Supporting Emotional Wellness (SEW) in Residential Aged Care Facilities

## Sensory Art Therapy groups for residential aged care facilities

Sensory art therapy stimulates parts of your brain to help you focus, relax and feel in control. You don't have to be an 'artist' to enjoy and benefit from art therapy!

Our senses are a powerful way to learn new skills and bring back memories. The smell or the texture of something can bring about a sense of curiosity that we have forgotten we still have. Being creative can also encourage us to explore and engage with the world around us.

Sensory art therapy groups are free, low-intensity sessions guided by trained health professionals (subject to availability).

If you're interested in sensory art therapy groups, contact staff at your facility.

If you would like to learn more about the Supporting Emotional Wellness in Aged Care (SEW) program, contact us:

1800 000 739 (1800 000 SEW) | [MHRAF@rasa.org.au](mailto:MHRAF@rasa.org.au)

[www.rasa.org.au/services/adult-health-wellbeing/sew](http://www.rasa.org.au/services/adult-health-wellbeing/sew)