

Supporting Emotional Wellness (SEW) in Residential Aged Care Facilities



Welcome groups for residential aged care facilities

Change can be hard... it can also be exciting, stressful or welcomed.

However you view it, in the first few months after a big change, many people go through a period of adjustment. This is normal, but it can feel isolating, or bring up questions and worries.

The Supporting Emotional Wellness Service is here to support you through change, and help you make sense of it.

In Welcome groups we will

- Talk through some helpful points
- Share resources that may be useful during your first few months
- Meet with other residents and facility staff.

Welcome groups are free, low-intensity sessions guided by trained health professionals. Come along for a hot drink and a chat!

If you're interested in Welcome 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
www.rasa.org.au/services/adult-health-wellbeing/sew