



Supporting Emotional Wellness in Aged Care (SEW) Waitlist Management

The Supporting Emotional Wellness in Aged Care (SEW) program is delivered to 149 Residential Aged Care Facilities (RACFs) across the Adelaide metropolitan area. To ensure access and equity for all eligible residents this document outlines our Waitlist management.

Eligibility Criteria

SEW program provides free onsite low-intensity services and psychological therapies for people living in residential aged care facilities across metropolitan Adelaide. The service is available for residents 'at risk' of or experiencing mild to moderate mental illness; or with a diagnosed mental illness that is severe in nature and will benefit from short-term psychological therapies.

Psychological therapies provided are evidence based, short-term - up to 12 sessions per year and delivered via an in-reach model as either individual and/or group sessions.

Please note: Referral Exclusions

The SEW services will not be able to support residents with significant behavioural issues, dementia with severe cognitive features, delirium, or acute and persistent complex mental illness that would be more appropriately managed by a General Practitioner (GP) and/or specialised health service such as Dementia Behaviour Support and Older Persons Mental Health.

- Eligible clients can receive up to 12 free sessions maximum per year.
- Referrals are placed on a waiting list in order of their level of priority.
- The waiting list and priority ranking of referrals are reviewed periodically.
- If further information becomes known about a client's circumstances (e.g., additional information provided by a general practitioner) while they are on the waitlist, the prioritisation will be reconsidered or adjusted accordingly.
- For referrals that are severe in presentation we will request a medical review by a General Practitioner (GP) in order to support decisions regarding the appropriateness of the referral

Re-referrals may be appropriate for a second episode three months after the first episode of care has ended. This will allow for -

- Equity - allowing for fairness, giving all residents fair and equitable access to free mental health care.
- Provide time for the resident to apply the strategies developed during therapy.
- To facilitate collaboration with our clients, their families and RACF staff so interventions can be maximized and replicated.
- To allow for a medical review by a General Practitioner (GP), Psychiatrist and/ or Geriatrician regarding the appropriateness of the referral.

Please contact us if you have any enquiries.

Warm regards from the SEW Team.

Contact (enquiries, referrals, feedback & complaints):-

p. 1800 000 739 (1800 000 SEW)

e: MHRACF@rasa.org.au

Referral forms are available at www.rasa.org.au/referral-form-sew