



SEW Group Programs for Residents in Aged Care Facilities

phn
ADELAIDE

An Australian Government Initiative

Relationships Australia
SOUTH AUSTRALIA

The SEW program is supported by funding from Adelaide PHN through the Australian Government's PHN Program and provided by Relationships Australia South Australia.



We offer group activities to provide strategies to cope with the past and learn practical skills to better manage stress.

Group activities are:

- free
- low intensity
- adaptable for all levels of physical ability
- guided by trained health professionals.

If you are interested in the groups we offer, contact the staff at your facility.

If you would like to learn more about the SEW program, please contact us by phone or email:

1800 000 739 (1800 000 SEW) | MHRACF@rasa.org.au



Welcome Groups

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.

Come along for a hot drink and a chat!



Mental Health Literacy Presentations

What we know about mental health is always changing and growing. It can be hard to keep up with new knowledge that may help us, or those in our care.

Relationships Australia SA's Supporting Emotional Wellness (SEW) program is all about increasing mental health literacy in residential aged care facilities.

We offer mental health literacy group presentations for staff, residents or family members to help you:

- understand more about mental health
- support yourself and others through tough times
- know what supports and resources are there for you.



Drumming Groups

Drumming is a fun activity that can help you express yourself without words. You don't need any previous musical experience!

Come along to:

- play with others, have fun and feel connected through rhythm
- learn about different tones and sound patterns
- join a group performance, and present your new skill.

Drumming Group is adaptable to all levels of physical ability.



Reminiscence Groups

We all have stories to tell and share.

In reminiscence groups, we look at images and objects, watch films, listen to music and do storytelling activities. We share life experiences; early years, school, war years, holidays, careers and family life.

Reminiscing can:

- Bring you closer with others
- Remind you of your resourcefulness and the depth of your experiences
- Improve emotional wellbeing, lift moods, decrease stress and reduce depressive feelings.



Art Therapy Groups

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.



Mindfulness Groups

Mindfulness is a way to support relaxation. It helps us to be aware of our thoughts, feelings, sensations and surroundings.

Mindfulness can help:

- manage pain
- reduce stress and worry
- improve sleep
- support emotional wellbeing.

In this group, you will learn different types of mindfulness, meditation, and relaxation activities.



Sleep Hygiene Groups

Sleep is vital to physical and mental health. Good sleep can improve wellbeing and reduce symptoms of anxiety and depression.

As we age, our sleep changes. We sleep less and have changing patterns of sleep. Sleep hygiene is the use of routines that set you up for a better nights sleep.

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