



SUPPORTING EMOTIONAL WELLNESS IN AGED CARE (SEW)

Frequently asked questions (FAQs) about hosting a SEW therapeutic group onsite at your Residential Aged Care Facility.

Thank you for referring residents to a therapeutic group with the Supporting Emotional Wellness in Aged Care (SEW) program. This document outlines how your facility can support positive outcomes for residents participating in a therapeutic group delivered by the SEW team.

What is the Supporting Emotional Wellness in Aged Care (SEW) program?

The SEW program offered by Relationships Australia South Australia provides free, onsite low-intensity and psychological therapy services, including therapeutic groups, for people living in residential aged care facilities across metropolitan Adelaide.

How are SEW groups therapeutic?

SEW groups are trauma informed, evidence-based and delivered by qualified practitioners. They are designed to offer residents opportunities for self-expression and connection, as well as improve general wellbeing, strengthen belonging and purpose while building strategies and practical skills to better manage stress and build resilience.

Who can access SEW program therapeutic groups?

Therapeutic groups are available for residents 'at risk' of developing or who are living with mental health conditions such as depression, anxiety, experiences of grief and loss, or mild to moderate mental health condition and who will benefit from short-term psychological therapies.

SEW services are not 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.

If you are unsure as to whether a resident would be eligible for referral, please contact the SEW duty team on 1800 000 739.

What type of room and resources are required?

A SEW team member will discuss with you the type of room and resources required, which may include:

- A room of appropriate size for residents to access and move within freely using mobility aids
- A location in which the group will not be interrupted by other activities and which will not be disruptive to other residents
- If required, access to a whiteboard and/or audiovisual equipment with technical support
- If required, access to a large table or small tables (e.g. for art materials or musical instruments)
- Morning tea/afternoon tea (for talking therapy groups)

What support is required from facility staff on the day?

We ask that you nominate a staff member to act as a support/contact person on the day. So that residents can most benefit from the group, we ask that staff:

- Support residents with any sensory requirements such as hearing, visual and mobility aids to enhance their engagement with the group.
- Support to all residents referred to the group to attend on time
- Be available in case residents require support during the group or require support to leave the group early.

Who can attend group sessions on the day?

All residents must be referred to attend; however, we understand that not all residents who have been referred to the group may be able to attend on the day. All SEW groups are voluntary and practitioners will ask residents to confirm consent to participate at the start of each group. If a resident decides on the day that they choose not to attend, we will support their decision. We ask that no more than 8 participants attend each group to ensure positive group dynamics.

If unregistered participants attend the first two sessions, we will invite them to register for the group. When bringing unregistered participants to the group, please ensure that they have been offered information about the group prior to attending.

What about diversity?

The SEW team promotes and supports diversity and belonging. We are committed to treating everyone equally, regardless of their age, ability, gender, sexuality, relationship status, race, religion, and culture. Being responsive to diversity is a key for improving the quality and effectiveness of care, creating a culturally safe group and improving wellbeing of residents living in RACF. We will organise an interpreter when required to attend the group.

Can I take photos of SEW practitioners delivering therapeutic groups (e.g. for facility newsletters)?

Please discuss requests for photos of the group with the practitioner, who also needs to provide consent before photos can be taken.

Who can I contact if I have further questions?

Please contact the SEW duty team on the details below.

PHONE:

1800 000 739 (1800 000 SEW)

EMAIL:

mhracf@rasa.org.au

OFFICE HOURS:

Monday to Friday | 9.00am – 5.00pm