



support•awareness•growth•empowerment
Older Persons Psychological Therapies



Richmond
Fellowship
Queensland

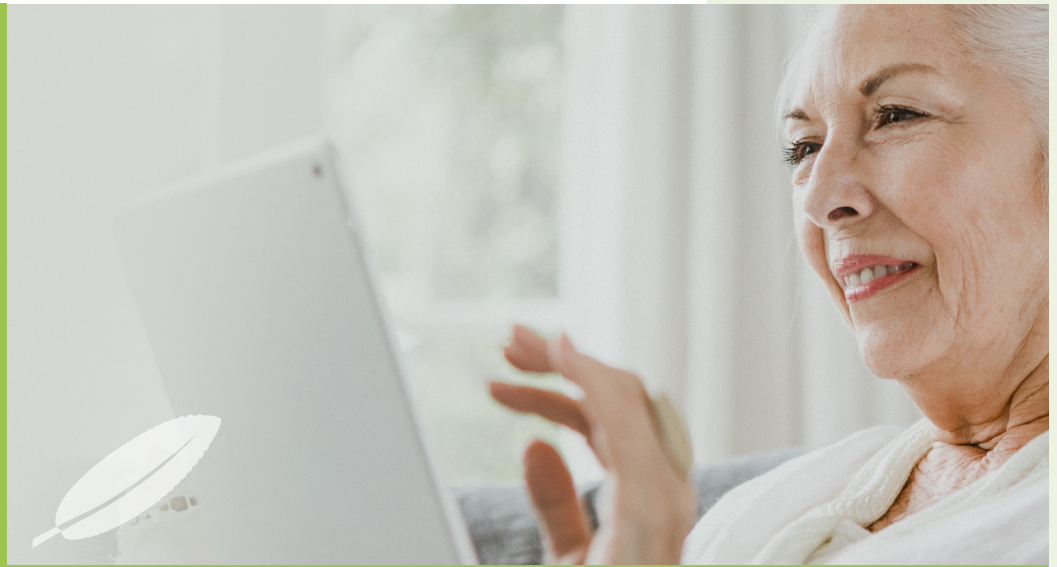


SAGE PARTICIPANT INFORMATION SHEET

Darling Downs
West Moreton PHN

Have you been
feeling down or
overwhelmed?

Are you
struggling with
the transition
to your new
home?



There is help
available.

We offer a free support service tailored to assisting people to manage daily worries and concerns.

We offer face to face, phone and video coaching to suit your needs.

“I found the program to be absolutely amazing. It gave me tools to help me think differently, which I can constantly use and implement as needed. I would not be in this better state of mind without the *NewAccess* program and my coach. Thank you.”

*NewAccess participant,
RFQ – July 2020*

What is SAGE?

SAGE is a free and confidential support service for people living in residential aged care facilities (RACFs) who may be feeling down or overwhelmed and are seeking support to manage the stressors of daily life.

Who are we?

Richmond Fellowship Queensland (RFQ) provides specialised programs and services for people experiencing mental health concerns, their families and support people. At RFQ, we believe in recovery and our team applies an empowerment approach to support.

Recovered Futures – Mental Health Recovery and Wellbeing

www.rfq.com.au



This service is supported by funding from the Australian Government under the PHN Program.

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What do we do?

There are two key components to the SAGE Program:

— *NewAccess*

NewAccess is a free and confidential service for people seeking support to overcome difficult issues and regain confidence.

- It's proven, evidence based and independently evaluated
- It provides practical tools to manage everyday challenges
- It's available via face to face, phone or video call

The service is delivered by specially trained and supervised Coaches via an evidence-based, 'guided self-help' model. The model is a short-term therapy program underpinned by Low Intensity Cognitive Behavioural Therapy. Coaches support their clients to set practical goals and guide them through tools and materials that will help them learn how to identify and change unhelpful patterns of thinking and/or behaviour. The program is conducted over six sessions and three follow up appointments.

— Psychosocial Support

Our dedicated Psychosocial Support Worker is available to SAGE clients who are seeking support to increase their social connectedness through participation in social and recreational activities. They can assist people to identify and access activities of interest, through their range of resources and connections with local community organisations and services.

Our Psychosocial Support Worker can also provide practical support to clients participating in the *NewAccess* program by helping them work towards their identified goals.

How we work

- We are committed to providing you with high quality services.
- We respect your privacy. Please refer to our Privacy Policy for full details.
- We are committed to upholding and working with your personal skills and expertise, your natural support and the community in which you live.
- We are committed to providing you with services that are meaningful and works toward your goals and aspirations.
- We are committed to supporting your choice and control in all that we do together.
- We ask that if you are unable to attend a scheduled appointment you notify your Coach/ Support Worker as soon as possible to reschedule.



How to access the service

To find out more about SAGE or to make an appointment, contact the SAGE team at RFQ on **0451 149 031** or email: **sage@rfq.com.au**

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