



support • awareness • growth • empowerment
Older Persons Psychological Therapies



Richmond
Fellowship
Queensland



SAGE INFORMATION SHEET — STAFF & HEALTH PROFESSIONALS

Darling Downs
West Moreton PHN



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.

Background

Many older adults residing in residential aged care facilities (RACFs) experience symptoms of depression (AIHW, 2013; 2019). There are numerous risk factors for developing mental health conditions, including: chronic illness and/or pain; grief and loss; uncertainty about the future; functional and/or sensory impairment; and, a low sense of purpose and personal autonomy (Chan, et al., 2019).

Professionals who work with older adults in the health and community sector play an important role in the detection, treatment and management of depression, anxiety and other mental health concerns.

What is SAGE?

RFQ has been contracted by the Darling Downs West Moreton Primary Health Network (PHN) to deliver low-intensity mental health support to people who reside in RACFs in the region. This service aims to enhance the quality of life for people living in RACFs through improved access to person-centred support services. Services are provided within a collaborative model that respects the roles and operational responsibilities of the staff and management of RACFs.

Please note that SAGE is not a crisis service. It is suitable for individuals who are seeking low-intensity, short-term practical support.

Does SAGE offer home visits?

Yes! Appointments are offered via face to face, telephone or video delivery depending on the individual needs of the resident and the setting in which they live.

Recovered Futures – Mental Health Recovery and Wellbeing

www.rfq.com.au



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What do we do?

There are two key components to the SAGE Program:

— NewAccess

NewAccess is a free and confidential support service for people who may be feeling down or overwhelmed and are seeking support to manage the stressors of daily life.

- It's proven, evidence based and independently evaluated
- It provides practical tools to manage everyday challenges
- No doctor's referral is required
- It's available via face to face, phone or video call

The service is delivered by specially trained and supervised Coaches via a 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 those clients participating in the NewAccess program by helping them work towards their identified goals.

Evidence

- Cognitive Behavioural Therapy (CBT) is the most extensively researched form of psychotherapy for late life depression.
- Evidence demonstrates high efficacy in treating depression and anxiety in older adults in residential care.

(Chan, et al., 2019)

Evaluation

RFQ may invite you to provide feedback about the service provided at your RACF. Your feedback is valuable in developing and strengthening the service into the future. Participation in the survey is voluntary.

How to refer



0451 149 031



sage@rfq.com.au

- Residents can self-refer
- RACF staff / GPs / Health Professionals can refer
- Family / Carers can refer

RFQ's SAGE Coordinator and / or Coaches can assist you to talk to your residents about the program and complete referral forms as needed.

References

- Chan, P., Bhar, S., Davison, T. E., Doyle, C., Knight, B. G., Koder, D., Laidlaw, K., Pachana, N. A., Wells, Y., & Wuthrich, V. M. (2019). Characteristics and effectiveness of cognitive behavioral therapy for older adults living in residential care: a systematic review. *Aging & Mental Health*, 7(7), 164.
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