

Healthy Ageing Service 1st Year Celebration

Oct 2021

About Us

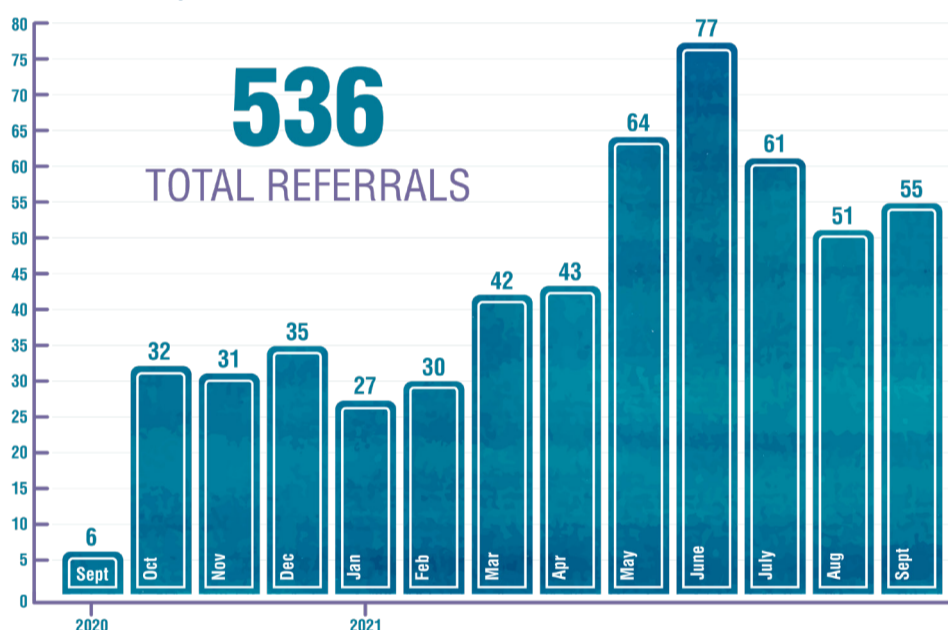
The Healthy Ageing Service is a new community mental health service that specialises in the mental health and wellbeing of older adults. We provide free and responsive secondary consultation advice and professional development education sessions, and also offer multi-disciplinary brief intervention for older adults with mild to moderate mental health needs.

We have two teams funded by the Eastern Melbourne Primary Health Network based at Eastern Health and St Vincent's Hospital who cover the Eastern/Northern Melbourne catchments.



Referral Summary

The Healthy Ageing Service commenced in September/October 2020. Below displays the monthly referral rate from our 1st year of service.



Primary Referrals: N=239

Primary consultation referrals involve offering direct mental health assessment, collaborative recovery planning, and brief intervention to older adults and their carers.

"I was really happy with the service and outcome" (Client)

"I was very grateful to find this service at the time as this was exactly what my client needed" (General Practitioner)



Education Sessions: N=44

Education sessions involve supporting the workforces' capacity to improve the mental health care of older adults and their carers.

"I think the reference to staff wellbeing and connectedness were very relevant for this environment, thank you" (RACF Manager)

"Fantastic ... a service that is greatly needed" (Nurse)

Secondary Referrals: N=297

Secondary consultation referrals involve providing specialised mental health advice to referrers (e.g. GPs, RACFs) regards assessment, treatment, and referral pathways.

"It's always a pleasure to refer to HASR as the feedback and knowledge is always there" (Community Health Service)

"I think this is a fantastic service and have been so impressed with the prompt response" (General Practitioner)

Upcoming Initiatives

- Increased COVID funding:** EMPHN have recently provided extra funding to recruit additional mental health clinicians, increase administration and capacity building opportunities.
- Webinars:** We are preparing a series of Webinars to offer professional development and education opportunities during the COVID pandemic.
- Research & Evaluation:** We are committed to continuous improvement, innovation, and best practice. We are partnering with a University for collaborative projects.
- Aboriginal Engagement:** We are partnering with local Aboriginal services to develop new and safe pathways into our service for Indigenous elders, their families and communities.
- Group Psychotherapy:** We are launching a newly designed brief group therapy for RACFs.

Staff Well-Being

The Healthy Ageing Service prioritises staff wellbeing by instilling a culture of team connectedness, clinical excellence, and continuous learning. We regularly complete staff wellbeing surveys, which have not surprisingly indicated high levels of:

- Work Satisfaction
- Appreciation
- Trust
- Safety
- Growth
- Self-Care
- Cohesion/Morale
- Pride

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