

Supporting Your Residents' Mental Health

A valuable series of short videos designed for aged care workers to support the mental wellbeing of aged care residents.



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ABOUT THIS EDUCATION

Moving into aged care is a significant life change and many residents may experience mental health symptoms including anxiety and depression. Residential care staff can play an important role in identifying mental health concerns and supporting residents.

Presented by leading clinical experts, this valuable video series for aged care workers helps you to:

- Identify early signs of anxiety and depression in older adults.
- Implement practical strategies to support resident mental wellbeing.
- Apply valuable strategies to ensure the safety of both residents and staff.



Certificates of completion available for all activities.

