

Young @ Heart

Providing resources, education and clinical support to enhance the ability to stay mentally and physically well.

Who is the program for?

Mature aged patients wishing to stay mentally and physically healthy while improving quality of life and engaging with groups and services in the community.

Program content

- Validation
- Generating meaning
- Dignity
- Positive appraisal
- Reframing of daily experience
- Art
- Music
- Physical movement
- Memory games
- Social excursions

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About the program

This program is run by a multidisciplinary treatment team and is aimed at assisting mature aged patients in staying mentally and physically well. The program combines evidence based interventions such as Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT) and other strength based therapies.

Each session of the program offers group educational sessions, gentle physical exercise, memory training activities and relaxation. The four key education modules include ageing gracefully, acceptance and forgiveness, coping with emotions and living in this moment.

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When is it held?

Every Tuesday from 9:15am to 3:00pm. Morning tea and lunch is provided.

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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