



Lutheran Services is a long established and highly respected provider of mental health and residential aged care services in Queensland.

Your local Primary Health Network is funding Lutheran Services to deliver dedicated mental health support programs for residential aged care facilities in Central Queensland and Wide Bay.

With offices in Rockhampton and Bundaberg, we attend sites throughout these regions.

## Wellbeing & Positive Ageing

Central Queensland | Wide Bay

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*The Wellbeing and Positive Ageing program is supported by funding from the Australian Government through the PHN Program.*



Lutheran  
Services  
*Mental Health*

## Wellbeing & Positive Ageing

### Mental health support for residential aged care



Lutheran  
Services  
*Mental Health*



Central Queensland | Wide Bay



The Lutheran Services Wellbeing and Positive Ageing program provides support to aged care residents who may be experiencing:

- difficulty adjusting to change
- difficulty coping with loss
- symptoms of depression or anxiety
- any other concerns related to their mental health.

The ultimate aim of the program is to improve the resident's quality of life.

Our friendly mental health care professionals provide individual and group counselling tailored to the aged care environment.



The Wellbeing and Positive Ageing program is fully funded by your local Primary Health Network, with no cost to residential aged care facilities or individual residents.

Support may include, but is not limited to:

- mental health education
- skills training
- relaxation strategies
- cognitive behaviour therapy
- interpersonal therapy.

Our holistic approach includes family and staff. All support is delivered within the residential aged care environment.

The program has been developed to support the Aged Care Quality Standards—providing aged care facilities and residents with better access to mental health, wellbeing and positive ageing initiatives.

