

Ageing Wisely

Help to manage anxiety, worry and low mood

The Emotional Health Clinic in the Macquarie University Lifespan Health and Wellbeing Research Centre offers evidence-based assessment and psychological treatment for emotional disorders across the lifespan. This clinic offers access to our flagship treatment programs that have been developed using scientific research, evaluated in clinical trials, and are used nationally and internationally.

ABOUT AGEING WISELY

Ageing Wisely is a cognitive behaviour therapy program that was designed for older adults (aged 65 years and older) to teach them skills to manage worry, anxiety, low mood or depression. This program has been shown to be highly effective for treating a wide range of mood and anxiety conditions, and is available as a full therapist led program or a supported self-help online program



IS THE PROGRAM FOR ME?

- Do you find it hard to stop worrying?
- Do you feel concerned about a number of things that are hard to stop thinking about?
- Do you find it hard to meet new people?
- Do you feel grumpy and irritable?
- Do you feel flat?
- Are you tired all the time, or don't seem to want to do the things you used to enjoy?

If you answered yes to any of the questions, this program may help you.

WHAT WILL IT INVOLVE

Initial Session - Getting to Know You

An initial appointment will consist of an assessment by the psychologist to understand your symptoms, concerns and background information. This can take place at our clinic, online via Telehealth or on the telephone.

At the end of this session your psychologist will recommend whether Ageing Wisely is likely to be beneficial, and discuss with you which version of the program you would prefer.

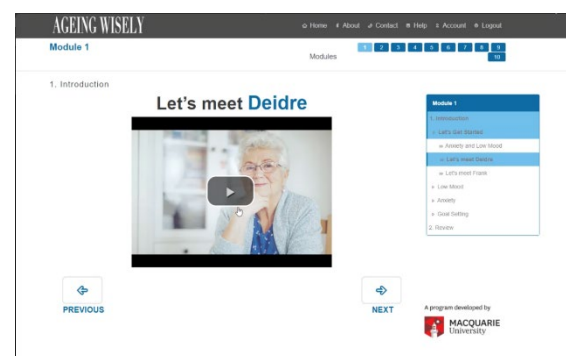
If the assessment suggests that Ageing Wisely is not a good fit for your current concerns alternatives options will be suggested.



Ageing Wisely - Therapist Led Program

The Ageing Wisely therapist led program consists of approximately 10 sessions that last for 50 minutes each. At each session a psychologist will teach you a range of practical skills to help you manage anxiety and low mood and help you to apply those skills to your everyday life. A structured workbook will be provided to you so that you have all the information you need to be able to practice the skills in your daily life.

Appointments can take place at our clinic, online Telehealth or on the telephone.



Ageing Wisely - Supported Self Help

Ageing Wisely Supported Self Help allows you to teach yourself skills to manage anxiety and low mood. You will discover examples of how other older people have used these skills to improve their wellbeing and work through activities to apply the skills to your life. You can complete the Ageing Wisely Supported Self Help program either through Ageing Wisely Online or using a printed Workbook.

With Ageing Wisely Supported Self Help, you work through each module or chapter at home over 10 weeks. During this time you are supported by regular brief phone calls with a psychologist to help you to apply the skills to your own life circumstances. There are usually five phone calls, one every two weeks, with each lasting 20-25 minutes.

COSTS

Fees depend on the type of psychologist that you have appointments with, with a range of \$65-285 for the initial session and \$65-285 for the therapist led Ageing Wisely sessions. The Supported Self-help Ageing Wisely Program (including the support calls) is \$250 - \$775. If you hold a Commonwealth Seniors Health Card or Pension Card you will be eligible for a reduced fee.

Medicare Rebates

Medicare rebates are available if you are seeing a registered or clinical psychologist. To be eligible for a rebate you need to see your GP who can activate a Mental Health Treatment Plan and provide a referral letter. You can access up to 10 sessions with a Medicare rebate in each calendar year.

Private Health Insurance

You may be able to claim a rebate for psychology services using your private health fund. However, you cannot claim a rebate from both Medicare and a private health fund for the same session. Contact your health fund about whether you are eligible to claim on psychology services.

CONTACT US

If you would like to discuss participating in Ageing Wisely or if you have any questions, please contact our friendly team on 02 9850 8711 or use the QR code to provide your details.

