

# Ageing Wisely

## HELP TO MANAGE ANXIETY, WORRY & 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.

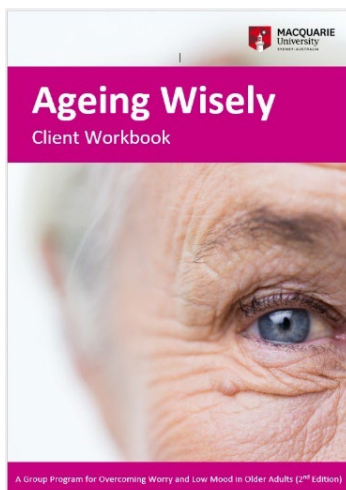
### ABOUT AGEING WISELY

*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 evaluated through NHMRC funded clinical trials and shown to be highly effective for treating a wide range of mood and anxiety conditions.

### 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.



### ABOUT THE SESSIONS

Ageing Wisely sessions can be completed:

- **in person** at our Macquarie University clinic in **North Ryde (Sydney)**,
- online using **telehealth**,
- via **telephone** calls.

The program consists of **10 sessions** that last for **50 minutes each**. Appointments are available Monday to Friday.

The **initial appointment** will consist of an assessment by the psychologist to understand your symptoms, concerns and background information.

The **following sessions\*** will involve undertaking therapy to learn a range of practical skills to help you manage anxiety and low mood. 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.

\* Further sessions occur if *Ageing Wisely* is likely to be beneficial. If another approach is recommended then alternatives to *Ageing Wisely* will be discussed.

## COSTS AND MEDICARE REBATES

The **full fee is \$230-\$275 per session\*** depending on the type of psychologist you see. However, all sessions are associated with the same \$134 out of pocket costs after the Medicare rebate.

If you hold a Commonwealth Seniors Health Card or Pension Card (refer to images below) you will pay a **reduced fee of \$161.65 - \$206.85 per session\***. This is associated with a \$65 out of pocket cost after the Medicare rebate.



**To be eligible for a Medicare rebate** your GP needs to 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. The *Ageing Wisely* program can be delivered within the 10-session calendar limit.

\* Fees and rebates are subject to review.

## 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.

## DO I NEED A REFERRAL?

To claim a Medicare rebate **you must have a referral from a GP**. Your GP will create a Mental Health Care Plan to accompany the referral. You do not need a referral otherwise.

## CONTACT US

If you would like to discuss starting the *Ageing Wisely* program, **please call our friendly team on 02 9850 8711**.



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### FIND OUT MORE

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