

About Wentworth Healthcare

Wentworth Healthcare is a local not-for-profit organisation striving to improve the health and wellbeing of people in the Blue Mountains, Hawkesbury, Lithgow and Penrith.

We are the provider of the Nepean Blue Mountains Primary Health Network (NBMPHN), and always try to put the voice of our community and stakeholders at the centre of what we do.

Every time you see your GP, or use a local health service, there is a good chance we have played a role in supporting them.

We work in three main ways:

- supporting general practice to provide high quality care to their patients
- funding (or commissioning) local health services that meet the needs of our community
- integrating the different parts of the local health system, so people don't get 'lost' when they move from one health service to another



For more information talk to a staff member or the GP for a referral.

Or visit:

www.nbmphn.com.au/WiseMind

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For more information about Wentworth Healthcare or Nepean Blue Mountains PHN visit:
www.nbmphn.com.au



Wentworth Healthcare Limited (ABN 88 155 904 975) provider of the Nepean Blue Mountains PHN.

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WiseMind

Free Psychological Therapy Services
for Residential Aged Care Homes



WiseMind Psychological Therapy Services for Residential Aged Care Homes

What is the WiseMind Program?

WiseMind is a mental health service for older people with mild to moderate mental health needs who reside in participating Residential Aged Care Homes (RACHs) in the Blue Mountains, Hawkesbury, Lithgow and Penrith.

WiseMind offers access to psychological services which are similar to those available to people with mental illness in the community under Medicare arrangements.

The **WiseMind** program involves mental health professionals delivering evidence-based psychological therapies to residents identified as having mild to moderate mental health needs, or who may be at risk of developing mental health issues.

Support is free, with no out of pocket expenses for the resident.

Who is eligible?

WiseMind is for residents at participating RACHs, experiencing mild to moderate mental health issues such as depression and anxiety, or who may be at risk of developing mental health issues.

Benefits of the **WiseMind** program can include:

- improved mood
- reduction in anxiety & stress
- improved adjustment to life changes
- greater engagement in activities and social connections at the RACH

What do I need to do?

Meet with the GP or speak to the Registered Nurse (RN). The GP or RN will conduct an assessment and complete a questionnaire. It is important that the resident returns to the GP / RN for a review after completing the sessions, to review what improvement has been made.

A maximum of 11 SESSIONS is available under this program in a 12 month period.

What if I wish to see a different Allied Health Professional?

If the resident is not comfortable with the allied health professional allocated they are encouraged to talk to the GP / RN for alternative arrangements to be explored.

What about privacy?

Only the GP / RN and the allied health professional will have access to the resident's personal information. The consent to this exchange of information is one of the eligibility requirements for a resident to receive services under this program.

Your name, date of birth and contact details will be provided to Wentworth Healthcare for the purpose of accurately tracking referrals. Personal information is always stored securely and confidentially in accordance with current privacy legislation. Some demographic and treatment information will be collected by Wentworth Healthcare for the purposes of the program's evaluation however any identifying details are removed.

You can read more about a patient's rights and how to provide feedback about our programs at www.nbmphn.com.au/YourRights