



Swinburne Wellbeing Clinic for Older Adults

We provide emotional support to aged care residents, their families and staff. Our services are free of charge.

The Wellbeing Clinic for Older Adults provides counselling services to individuals living in residential aged care, their families and to staff working in these settings. The clinic offers individual counselling sessions and group programs.

Like other countries, Australia is experiencing a rapid increase in the number of older persons. By 2031, nearly a quarter of the population is projected to be over 65. Older adults, particularly those living in residential care can have difficulties accessing services to help maintain or improve emotional wellbeing.

Counselling

Counselling services are provided by psychology, social work and counselling students in their final years of training under supervision by experienced clinicians. Counselling is provided by telehealth, or when possible, face-to-face.

Groups

Reminiscence groups engage older adults to review past experiences, challenges and successes, and aim to enhance personal wellbeing. Carer support programs address the emotional stress of families by creating a comfortable and structured space for discussion and learning.

Making a Referral

Anyone can make a referral. Complete the online referral form: swin.edu.au/telehealthcounselling

More information

For more information about the clinic, please visit our website, or contact us:

Web: swinburne.edu.au/research/centres-groups-clinics/wellbeing-clinic/

Phone: +61 3 9214 3371

Email: wellbeingclinic_agedcare@swin.edu.au