

Improving Mental Health Outcomes in Residential Aged Care Facilities (RACF's)



Sydney North Health Network (SNHN) invites local Residential Aged Care Facilities (RACFs) Staff to this education day aiming to provide an improved understanding of how to support residents experiencing mental illness. This will involve six modules, including 'supporting residents with anxiety' and 'helping residents adjust to living in RACFs'.

Speaker & Learning Objectives

Speaker

DR JULIE BAJIC SMITH | PSYCHOLOGIST

Dr Bajic Smith is an experienced psychologist who has been working exclusively in aged care for the past decade. Julie trains aged care workers in recognising emotional changes in older adults and learning practical tips in how to manage clients with mental health problems on a day-to-day basis. Julie has developed several award-winning preventative programs for older adults moving into residential care, has developed resources for families and researched the wellbeing in home care workers. Her post-doc research examined supported decision-making in dementia, and she has published in this field.

Learning Objectives

- Identify risk factors for mental illness
- Implement strategies to reduce suicidality risk in RACFs
- Support residents with anxiety
- Understand and implement non-pharmacological strategies to address depression
- Help residents adjust to living in RACFs
- Involve families to boost resident wellbeing

Registration

To register, please submit this completed form to events@snhn.org.au

Name: _____ Telephone: _____

Practice: _____ Practice Suburb: _____

Email:* _____

**Email address is required for workshop confirmation purposes*

I have special dietary requirements Details: _____

I am a: Please identify your role in your facility _____

DATE:

Saturday 31 August, 2019 @ Roseville
Roseville Golf Club 4 Links Avenue, Roseville

TIME:

8.30am - 9.00am Registration

9.00am - 4.00pm Training

NOTE: Morning tea & light lunch will be provided

PARKING:

Free onsite parking is available, directions and a map will be provided with the confirmation email. Please ensure you allow additional time to find parking.

COST:

No cost for Residential Aged Care Facility Staff practising within the SNHN region

CONTACT:

For more information contact Judy or Robi from the Education Team on 9432 8250