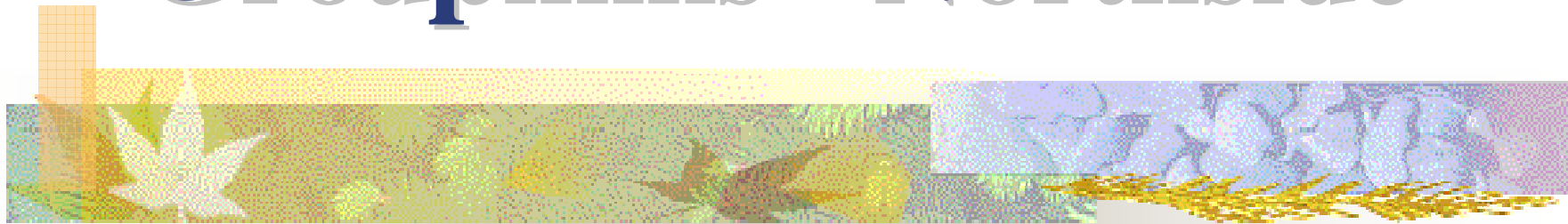




Dougherty Apartments
Retirement Village
& Care Facility



Grouplinks - Northside



Group Solutions to Mental Health Problems

For further information contact: Chris@doughertyapartments.org



Dougherty Apartments
Retirement Village
& Care Facility



In partnership with Grouplinks - Northside

Who we are?

- Dougherty Apartments Retirement Village and Care Facility
- Located in a 9 story building on the fringe of the Chatswood CBD
- Stand alone facility run by the Willoughby City Council and Housing NSW, in association with Uniting Care.
- 66 bed Hostel (including 13 bed dementia specific unit)
- 84 self care units.





Dougherty Apartments
Retirement Village
& Care Facility



In partnership with Grouplinks - Northside

- Assessing our Resident's for depression
- Consultation with the resident, their families, GP's
- Exercise program, Buddy program, Laughter Club, Men's Group & Individualized programs





Dougherty Apartments
Retirement Village
& Care Facility



In partnership with Grouplinks - Northside

- Identified a number of our Residents
- Reluctance to acknowledge mental health concerns
- Reluctance to seek individual professional help.
- No counselling services offered at DA
- Introduction of ACFI
- Cornell Depression Scale + identified need

Grouplinks - Northside

Who are we?

- We are a group of clinical social workers in private practice who are all mental health accredited, AASW registered and Medicare providers.
- We are all highly experienced having worked in a range of aged care facilities and health settings.





Grouplinks - Northside

Services we provide

- In response to the high prevalence of depression, isolation & lack of services for people in Aged Care Facilities we were inspired to create a range of small **group** interventions with a strong preventative mental health component. Our groups include:
- Therapeutic groups
- Relaxation and socialisation groups
- Adjustment to residential care
- Adjustment to chronic illness
- Tailor-made groups as identified by your needs
- Individual & family counselling



Grouplinks - Northside

Description of our Group project at Dougherty Apartments

Our strategy has been to form **therapeutic discussion groups**.

Depending on need, residents were given the opportunity to attend either-

- **The Well-Being Group-** for those experiencing adjustment difficulties primarily related to chronic illness/disability.
- or
- **The Changing Times group-**for those experiencing adjustment difficulties related to their move to residential care.



Grouplinks - Northside

The major aim of these groups has been to strengthen individual mental health by;

- Facilitating the socialisation of isolated residents and creating informal ongoing support networks.
- Providing supportive framework to address common adjustment issues.
- Developing skills and identifying coping strategies that can be used to enhance coping capacity.

Grouplinks - Northside

Group Philosophy

- To make residents feel secure.
- Graded in respect to mental health content.
- Facilitate a unique opportunity for socialisation.





Grouplinks - Northside

Group Structure

- Residents individually interviewed
- Pre and post individual assessments
- No more than 8 participants in a group
- The groups ran for one and a half hours weekly

Grouplinks - Northside

Group Content

- Loss and grief
- Emphasis on strengths building
- Stress management, learning relaxation, coping with depression, identifying supports and individual strengths, as well as problem solving strategies around common concerns.





Grouplinks - Northside

Evaluation

- Measurement of the effectiveness of this program was by the use of both qualitative and quantitative methods both pre and post completion of the group.
- Results indicated that there had been a significant improvement in the mental health of participants with the K-10 demonstrating a reduction in symptoms for both anxiety and depression for the majority of residents.
- Both residents and staff noticed improvements in the quality of relationships amongst residents.



Grouplinks - Northside

Residents' Quotes

- “I had no idea that others here were feeling lonely too...I thought it was just me”
- “It’s been great to meet new friends and share bits of our lives....I looked forward to our weekly meetings”
- I thought that other residents were just unfriendly but they hadn’t realised I was blind and couldn’t acknowledge them.
- “I feel more part of this place now...and don’t feel I need to spend as much time in my room”
- “It’s nice to know that I’m really quite normal and that others also find it pretty tough to get old....I’ve hated leaving my home but I’m a bit more settled somehow now that I realise we’re all in the same boat”
- “I’ve learnt some new ways to manage my worries and that’s been good but meeting new friends, that’s been the best bit.”
- “In one of the sessions we talked about dying...and it was so funny because most of us just really want to go.. but it’s not the sort of thing you can talk to family about...they just get so upset.”

Grouplinks - Northside

- A group drawing people together
- Emphasis on socialisation and relaxation
- Structured and supportive environment
- Residents develop closer links with other Residents
- Introduced to interventions/strategies/information
- GroupLinks Northside partnership crucial to success
- Facilitators independent to facility
- Cost effective way to provide a service to our residents.



Grouplinks - Northside

Contact Details

We welcome all enquiries.

Lynne Harrold

Mob. 0432077194

Fax: 9449-8918

Email: lynnemarea@hotmail.com

Cheryl Lasarow

Ph. 94498305

Mob. 0421 848372

Email: clarow@optusnet.com.au



Mission Statement:

Our special focus is individual and group counselling, designed to enhance the dignity, wellbeing and quality of life of elderly people in residential care.