

HEALTHY AGEING SERVICE RESPONSE

The Healthy Ageing Service Response is a free government program to support the mental health and wellbeing of older adults living in the eastern and north eastern region of Melbourne.

How can we help?



If you need some assistance, you, your family, your carer, your GP/health professional or your residential aged care facility can refer you to the program.

An initial phone conversation will determine if the Healthy Ageing Service is right for you. If we are not the best fit for your needs, alternate recommendations will be provided.



The Healthy Ageing Service worker will consult with you and your care team to develop a plan to help work towards your goals, and we will monitor your progress and outcomes.

We may provide a brief period of individual or group therapy to improve your mental health and support you in achieving positive outcomes.



When your sessions with the program are completed, information can be shared with your General Practitioner and other people in your support network.

Linkages can also be provided for you to other services in your community for ongoing support and connections.



Call Eastern Health on 1300 721 927 (Option 4) if you live in the Cities of Whitehorse, Manningham, Maroondah, Knox, Yarra Ranges or Monash (part).

Call St Vincent's Hospital Melbourne on 9231 8443 if you live in the Cities of Banyule, Nillumbik, Whittlesea, Boorondara, Mitchell (part) or Murrindindi (part).

easternhealth



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