

Living Well Program

The Living Well Program is a longer term rehabilitation program that helps its members to maintain or improve their sense of worth and wellbeing. The program offers education on mental health, gentle exercise, and activities that promote social interaction.

Where is it held?

The program is held at Maitland Therapy Day Programs, Maitland Private Hospital.

When is it held?

This program runs weekly for a total of 12 weeks. It is currently on Mondays, and goes from 12.00pm to 3.30pm. Lunch, tea and coffee are provided.

How do I join?

Ask your GP or Psychiatrist for a referral to "Treating Doctors" at Maitland Private Hospital Day Programs. Our Fax Number is: 02 4937 9561. When we have received your referral we will contact you to arrange an initial assessment.

Will I have to pay?

You will usually need either private health insurance that includes cover for **psychiatric day programs**, or be eligible to have the program costs met by workers compensation. Our clerk can conduct a fund check to ensure that you have the appropriate level of cover.

Who is the program for?

Older adults who are experiencing physical or ageing related health problems that impact on their mental health, sense of wellbeing and older adults coping with feelings of anxiety or depression.

Program Content

- Week 1** Getting a good nights sleep
- Week 2** Managing feelings of anxiety or stress
- Week 3** What to do when you feel down
- Week 4** Self Compassion and Values
- Week 5** Setting and Achieving goals
- Week 6** Achieving a more balanced Lifestyle
- Week 7** Communication skills
- Week 8** Happiness Myths
- Week 9** Managing Feelings of Grief and Loss
- Week 10** Self Esteem and Self Worth
- Week 11** Keeping the brain busy
- Week 12** Relapse Prevention

For further information, contact the Maitland Therapy Day Programs on 4937 9570 Monday to Friday or contact maitlandprivate@healthcare.com.au