



Seniors Program

HELPING YOU GET
THE SUPPORT YOU NEED

For better mental health

PLANNED ACTIVITY GROUP

Mentis Assist provides specialised Planned Activity Groups (PAG) offering opportunities for people with a mental health diagnosis aged 65+ (or with age-related ill health) to attend a weekly group in their local area.

Planned Activity Groups are designed to enhance independence by promoting physical activity, cognitive stimulation, good nutrition, emotional wellbeing and social inclusion. For people with carers, Planned Activity Groups also support care relationships.

Groups are based throughout the Frankston and Mornington Peninsula region and offer older people with mental health issues an opportunity to socialise with others and to get involved in their community. Its aims and activities also include:

- Reducing social isolation
- Guest speakers
- In-house activities
- Local outings
- Improving health and wellbeing
- Maintaining independent living skills
- A small fee is charged to cover the cost of meals.



ACCESS AND SUPPORT (A&S)

The Access and Support service helps people who have diverse needs who have difficulty finding out about services or getting the services they need.

It also provides short term support for frail older people, younger people with a disability and their carers, who:

- Need help living at home
- Have a range of support needs
- Require assistance to access services

An Access and Support worker can talk to you about the range of support services that are available in your local area.

We work in partnership with others that support you such as family, friends, your community, your doctor and other health professionals.

The Access and Support worker will ensure that your information is kept private and confidential.

No fees are charged for Access and Support.





HOW CAN WE SUPPORT YOU

Our Seniors team can assist you to:

- Find out about and contact suitable services
- Explain how services work and assist with referral
- Help you choose which services suit your needs and lifestyle
- Assist you to maintain your independence

Mentis Assist supports you to identify your personal strengths, values and goals and then supports you to achieve your goals. We are also able to connect you with others in the community or to engage family and friends, providing support so you can remain living independently in your home and community.

HOW TO GET SUPPORT

Services are available to people living in the Frankston and Mornington Peninsula region.

To find out more or to make a referral for either of these programs, please telephone us Monday to Friday 8:30am - 5:00pm

Mentis Assist: 1300 MENTIS (1300 636 847)

“[I’ve enjoyed] just being with people that I feel comfortable with and sharing things together.”

“The friendships, the outings and the staff are wonderful.”

“I have made wonderful friendships that will last a lifetime while being supported and [have felt] a sense of belonging.”

(PAG Participants)



Hope



Achieve



Believe

Our Vision

Optimum personal recovery and wellbeing.

Our Purpose

To provide opportunity for people living with mental illness and/or complex needs to enjoy a meaningful life by strengthening self-identity, personal responsibility and hope.

We Believe

Recovery-orientated practice is a partnership where the person with the lived experience is the expert in their recovery and our staff bring their understanding and expertise to support this journey.

Our Guiding Principles

Respect and Dignity, Acceptance of Diversity, Reflective Practice and Strengths-based, Person-centred, Flexibility and Innovation, Collaborative Partnerships, Community Connection and Participation.

23-25 Yuilles Rd, Mornington, VIC 3931

† 1300 MENTIS (1300 636 847)

f 03 5970 5055

info@mentisassist.org.au

mentisassist.org.au



Mentis Assist acknowledges that we provide our services on the land of the Boon Wurrung people of the Kulin Nation.

The Boon Wurrung are the traditional owners and caretakers of these lands and we pay our respect to them.

