

Young @ Heart

Providing resources, education and clinical support to enhance your overall wellbeing and ability to live life to the fullest.



Who is the program for?

Mature aged persons experiencing adjustment difficulties, memory problems, anxiety or depression, or would simply like to improve your daily functioning.

Program content

- Ageing gracefully
- Understanding how memory works
- Acceptance and forgiveness
- Keeping your brain active
- Coping with emotions
- Activities to improve memory
- Living in the moment
- Movement for memory enhancement

About the program

This program is designed to meet the needs of mature aged patients and includes a memory component. Sessions include reminiscing, validation, generating meaning, dignity, positive appraisal and the reframing of daily experience. It allows patients to review their life, both past and present in a positive and supportive environment. The therapist invites patients to discuss issues that are most important to them, and to participate in activities that provide a sense of enjoyment and mastery. Activities can include art, music, physical movement, memory games and social interaction.

When is it held?

Half a day, once a week for ten weeks. Transport options may be available.

How to join

If you are interested in attending the Young @ Heart Day Program, you will need to discuss this with your treating doctor who will assess your suitability and, if appropriate, provide a referral.

How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

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