

Emotional Wellbeing for Older Persons In-Reach Program (EWOPI)

This free program provides emotional support for older people who are experiencing social isolation, loneliness, loss, or are facing wellbeing issues.

Older adults have been disproportionately impacted by the physical and social measures imposed because of COVID-19, resulting for many in the loss of connection and support from family, friends and services. This program aims to address these impacts by reducing feelings of isolation and loneliness, and improving wellbeing.

If you are:

- over 65 years or over 55 years if Aboriginal/Torres Strait islander
- feeling isolated and lonely or anxious or low in mood
- a resident in the Local Government Areas (LGAs) of Hornsby, Hunters Hill, Ku-Ring-Gai, Lane Cove, Mosman, North Sydney, Northern Beaches, Ryde or Willoughby

Then this service is for you.

How we can support you:

- Connecting you to appropriate services
- Reconnecting you with your social networks
- Restoring access to services that were disrupted by COVID-19
- Emotional support to improve mood and reduce anxiety and stress

Our appointments:

- Personalised one-on-one support to identify and address your desired outcomes
- Held where you feel most comfortable (following COVID-19 safe procedures)

Mandarin-speaking staff member available!
Translation services are also available at request.

To make a referral or find out more, contact Emma Wilson on:

P: 0403 396 697

E: AEWOPI@anglicare.org.au

W: www.anglicare.org.au

The Emotional Wellbeing for Older Persons In-Reach (EWOPI) program is supported by Northern Sydney Primary Health Network.

