



# WELLELDER

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*A community trust providing specialist counselling for older people from Wellington through to Kāpiti*

## Counselling for Older People

We believe that we all face challenges as we age. We are never too old to learn new skills, change behaviour, grow in insight and understanding, or maintain good emotional health.

Older people are used to getting on with life themselves, but a skilled professional is surprisingly easy to talk to, and can help to:

- Move out of depression,
- Reduce anxiety or stress,
- Make decisions about challenging issues,
- Improve relationships,
- Develop a sense of wellbeing,
- Come to terms with events and decisions in our lives.

No issue is too big or small – relationships, loss of friends and family, living conditions, memories, coping with the daily demands of life, anxiety, grief or depression – whatever we face can be brought to counselling.



WellElder counsellors sharing a recent book purchase

### *WellElder provides low cost counselling for older people*

*In 2017 we held 989 individual counselling sessions and ran 36 group sessions for 290 clients.*

- *We rely on a DHB contract to provide the service.*
- *We ask clients to contribute towards the cost of counselling as they can, from \$10.*
- *Donations and additional funding are necessary to cover the full cost.*

We are available for people aged over 60 years old, or 55 if they are Māori or Pasifika, and live in Wellington, Porirua or Kāpiti areas (the Capital & Coast District Health Board area).

*Older people are used to getting on with life themselves, but a skilled professional is surprisingly easy to talk to.*

We counsel individuals, couples or family and whānau and run several groups at centres in Newtown, Johnsonville, Porirua and Kāpiti. We can work in clients' own homes and rest homes if travel is difficult.

Counselling sessions normally last about an hour, and clients are eligible for up to six individual counselling sessions. We ask clients to contribute towards the cost of counselling where possible, at a rate of \$10 or more a session. We can negotiate if this is a problem.

You can contact us directly if you are interested in knowing more – or be referred by medical centres, family members or other agencies.

We are open every Tuesday, Wednesday and Thursday (leave a phone message at other times).

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## **Become part of the WellElder community in Wellington....**



Signup for information and invitations to events to support WellElder

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Donate to us at 94 Riddiford Street Newtown, or by direct debit to bank account 06-0574-0223422-00 (ANZ Kilbirnie)

*We are a registered charity (CC31682) – Your donations are tax deductible*