

Healthy Minds - a Cognitive Stimulation Program

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

This program would be beneficial for people over 50 years of age who are experiencing adjustment difficulties, anxiety and/or depression related to memory loss.

Program content

- Cognitive stimulation
- Memory strategies
- Relaxation and mindfulness
- Education sessions relating to brain health, physical health and cognitive health

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About the program

This is a cognitive stimulation program for people experiencing adjustment problems related to memory loss. Participants focus on age related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.

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When is it held?

This open group program is held every week for 12 weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

8:30am - 9:00am	Registration and sign in
9:00am - 2:30pm	Group program
2:30pm - 3:30pm	Facilitated relaxation session

Speak to a psychiatrist at Robina Private Hospital or contact Robina Private Hospital's day program reception on 07 5665 5100 to find out which days this group is offered.

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How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Robina Private Hospital.

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How much does it cost?

Participants 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 Robina Private Hospital.

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