

Referral information for aged care workers

How to refer a resident to this program:

- Ask for a copy of our referral form at the front desk of the aged care home.
- Complete the form with the resident.
- Hand it back to the front desk staff or directly to our Sonder clinician who routinely visits the facility.

Our recovery-focused approach

We support people to improve their wellbeing and pursue a life with meaning, hope and purpose.

We do this through:

- Respecting your values, treatment and support preferences.
- Focusing on and amplifying your strengths.
- Supporting you to develop and reach personal goals and ambitions.
- Helping you to develop self-management skills.

Please note:

Due to program restrictions, practitioners are unable to provide medico-legal reports or assessments.

If you need help

Sonder is not an emergency service. If you are experiencing a mental health crisis, please contact:

Emergency Services 000

Regional Access 1300 032 186

Lifeline 13 11 14 or **Kids Helpline** 1800 551 800

Suicide Call Back Service 1300 659 467

Mental Health Triage Service 13 14 65

Contact us

 PO Box 421, Elizabeth SA 5112

 (08) 8209 0710  (08) 8252 9433

 info@sonder.net.au  sonder.net.au

 SonderSA  Sonder-SA



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.

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Residential Wellbeing

Free wellbeing support for people living in aged care facilities.



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Do you feel sad, lonely, or less interested in the things you used to enjoy? We can help.

If you are feeling more nervous or worried than usual, know that you are not alone.

Our Residential Wellbeing program aims to help you cope with the challenges of living in an aged care facility.

You may benefit from our support if you:

- Have recently moved into an aged care facility and are finding it difficult to adjust to your new home.
- Are experiencing stress, grief, or loss.
- Have lost motivation or enjoyment in life in the aged care facility.

What do we offer?



We come to you

Appointments can take place in your room or another confidential space in the facility



Highly trained clinicians

Our team are skilled in supporting people who are living in aged care facilities



Build resilience

We'll work together to improve your wellbeing



No cost

Services are free at Sonder

Where can I access this service?

Appointments are available to residents in select aged care facilities in Gawler and Barossa.

How do I access the service?

Getting started with Residential Wellbeing is easy.

Simply ask a worker at your aged care facility for a copy of our referral form.

A Sonder Clinician routinely visits your facility. Your referral form can be provided directly to the Sonder Clinician in a confidential envelope.

Alternatively, call Sonder on **(08) 8209 0710**.

Who are the staff?

The staff are Mental Health Clinicians, including Psychologists, Mental Health Accredited Social Workers and Mental Health Nurses.

Our highly skilled and experienced staff will ensure you receive the most appropriate service to meet your needs.