

Toronto Private Hospital

Young at Heart

Providing resources, education and clinical support to maintain or improve sense of worth, wellbeing and social networks for older adults.

Who is the program for?

Older adults with diagnosis of depression, anxiety or bipolar disorder and are experiencing physical or ageing related health problems that are having ongoing and significant impact on their mental health.

Program content

- Check in
- Skills building sessions
- Leisure Activities
- Relaxation Practice
- Gentle Exercise
- Social Interaction

About the program

Our Young at Heart Program is a longer-term rehabilitation program that helps its members to maintain or improve their sense of worth, wellbeing and social networks. The group offers education on mental health, gentle exercise and activities that promote social interaction.

When is it held?

This group is held on Wednesdays 9.00am-2.30pm every week for 24 weeks.

How to join

A referral from a Psychiatrist or GP is required to access Toronto Therapy Services mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or Workers Compensation. We ask that participants confirm any applicable out of pocket or gap costs directly with Toronto Private Hospital.

Further information

For information on this program please contact the Toronto Private Hospital Day Programs Team.

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