

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

This free program provides emotional support for older people who are experiencing social isolation due to the COVID-19 pandemic

Older people are disproportionately impacted by physical and social distancing measures, and the loss of support from family, friends and services. This program aims to address these impacts.

If you are:

- over 65 years or over 55 years if Aboriginal/Torres Strait islander
- feeling isolated and lonely
- 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.

Benefits include:

- gain connections to appropriate services and supports
- reconnect with your social networks
- restored access to services
- improved mood and reduced anxiety and stress

Our appointments:

- Held where you feel most comfortable! (e.g. in the community, in your home, on your patio...)
- COVID safe – our staff will observe social distancing measures and wear a mask

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

To request a referral form or to find out more, contact Emma Wilson on:

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