

## About Relationships Australia

Relationships Australia is a leading provider of relationship support services, with more than 70 years experience supporting Australian families. We operate from over 120 centres nationwide.

Our services include:

- family dispute resolution and mediation
- counselling for children, adults, couples and families
- mental health support services, including youth mental health services
- parenting and relationship education
- senior relationship services
- family violence support and recovery programs
- services for forgotten Australians
- support services for people who have been sexually abused as children
- programs for Indigenous communities
- programs for migrant and refugee families
- employee assistance programs
- workplace counselling and training
- education programs for professionals.



### How to contact us

No referral is required. To find out about the services offered in your local area, contact Relationships Australia in your state or territory using the contact details provided below:

Phone: 1300 364 277

[www.relationships.org.au](http://www.relationships.org.au)

*Relationships Australia*

## Senior Relationship Services



[www.relationships.org.au](http://www.relationships.org.au)

## About Senior Relationship Services

Senior Relationship Services assist older people and their families to:

- prevent and resolve family conflict
- have difficult conversations
- plan for the future (including medical, health, financial and living arrangements)
- improve communication skills
- make decisions that protect the interests, rights and safety of family members
- reduce the risk of elder abuse, including emotional and financial abuse.

## Services

Senior Relationship Services work with all members of a family to provide:

- elder mediation, facilitated family meetings and counselling to people with ageing-related family issues
- case coordination
- referrals to specialised support services
- information and support groups
- resources and tip sheets
- training.

The service can provide an interpreter if required.

## Who can attend a session?

You can attend the service on your own, with your partner, as a family, or your children or parent(s) can come by themselves.

Attending a Senior Relationship Service is voluntary and confidential.

The decisions you make are not legally binding. If you would like to put your agreements in writing, your practitioner can assist you.

## How long is a session?

Sessions will last for a minimum of one hour; however, each situation is unique and we will tailor the service to fit your circumstances.

Where more than one person is involved, the practitioner may also wish to see each person separately.

## How many sessions do I attend?

Some issues are resolved in one or two sessions, while others may take longer, depending on the complexity of your issues.

## How much will it cost?

We are a not-for-profit community organisation and our services are subsidised by the Australian Government. We try to make our services as affordable as possible. The cost of our service is determined by your local organisation, based on your income.

When you make a booking, we will advise you of the fees payable.

## Our staff

Our counsellors and mediators have professional qualifications.

Staff providing Senior Relationship Services receive professional supervision and ongoing training. They have also been trained in elder mediation and/or counselling.

Relationships Australia is committed to ongoing service improvement. You may be asked to participate in research that aims to evaluate the success of Senior Relationship Services in assisting you to manage or resolve your family issues.

Relationships Australia research is approved by a Human Research Ethics Committee. Participation in research is voluntary and will not affect your access to services.

