

# PsychAGE News

Information and commentary about older adult and carer wellbeing

## Issue 21, April 2020: 'Seasons of Change'

Much as we might not want to admit it, life is about embracing change. Letting go and moving forward. Like the seasons, our experiences and life events are a constant wheel of motion. Cycling through different stages and bringing with it new challenges and new possibilities.

All around the world—from the old to the young—people are having to change their habits as they respond to COVID 19 and do the best that they can in the face of uncertainty.



There is change for this eNewsletter too. With the national rollout that started last year to establish mental health services in aged care facilities I had hoped to secure employment in the Adelaide team but it is not to be. I reached the interview stage but was told that there was too much conflict of interest despite me assuring the provider that I would discontinue the very small amount of private work that clashed.

Since the aged care program at Sonder lost its funding in 2018 I have not been engaged in a salaried position that gives me contact to older people generally, and certainly not ones in care. I have only a very small private practice on Saturday afternoons and it mostly consists of offering clinical supervision.

My hope was to transfer my salaried efforts to working with other senior clinicians in the specialist SEW (Supporting Emotional Wellbeing) team for residents of aged care. I was also looking forward to finally being in an organisation that had decent funding to further mental health service work for residents and tap into the National momentum around this.

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Not being accepted for one of these senior clinician roles is a rather large door closed for me and this has affected my occupational purpose and also, practically, what I can offer now. It no longer feels relevant for me to continue my lecturing or advocacy work in aged care—at least for now. Hence I am winding up this eNewsletter for the foreseeable future.

I will miss aged care a lot but I am still happy for any contact that relates to my book as I think now, more than ever before, it has relevancy.

So thank you for journeying with me. Who knows where change will take us in the future?



Felicity Chapman

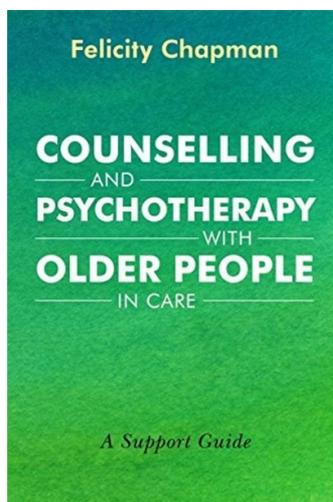
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Author of *Counselling and Psychotherapy with Older People in Care* (JKP, 2018)

For more details visit [Amazon.com.au](https://www.amazon.com.au), for reviews visit [In the media](#), or for all editions see [PsychAGE News](#).

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