

## How to access the program

The program can be accessed via the C2bMe Team

Email:  
C2bMe@parramattamission.org.au

Phone:  
1800 4 222 63 (1800 4 C2bMe)



## About Parramatta Mission

Parramatta Mission provides meals, accommodation and mental health services across New South Wales. We provide assistance to the most vulnerable and disadvantaged in our communities to assist them in transforming their lives. These include people who are homeless, at risk of homelessness, facing crisis and people living with mental illness.

For more information on Parramatta Mission please visit:

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



## What is Continuing to be Me (C2bMe)?

C2bMe is a program designed to provide mental health support for people living in residential aged care facilities and build the capacity of the people who care for them.

The Continuing to be Me (C2bMe) program:

- is a comprehensive person-centred model of care.
- is designed to reinforce identity and purpose.
- increases connectedness and hope.
- aims to improve resident mental health wellbeing.
- increases the day to day functioning of residents in aged care facilities.

This service has been made possible through funding from South Western Sydney PHN.

## What supports are provided?

Continuing to be Me (C2bMe) can assist with:

- Providing evidence based, short term therapies delivered by mental health professionals, through therapeutic groups or individual clinical care.
- Capacity building for Residential Aged Care Facilities (RACF) staff.
- Integrated team approach of care involving GPs, RACF staff, carers and families.



Interpreter services are available on request.

## Eligibility Criteria

C2bMe is a free service for people who meet the following criteria:

- Residents of a partnered Aged Care Facility, within the geographical region of South Western Sydney NSW.
- Older Persons over the age of 65 years, or Aboriginal and Torres Strait Islander people over the age of 50, who experience mild to moderate symptoms of common mental health issues.
- Residents who have consented and are able to participate in the program.

