

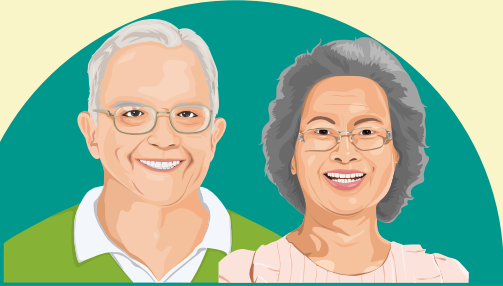
# EDUCATIONAL AND DEVELOPMENTAL PSYCHOLOGISTS

SUPPORTING YOU TO LEARN WELL AND LIVE WELL LATER IN LIFE

Educational and Developmental psychology emphasises learning as a key to adapting to transitions and age-related changes in later life to optimise wellbeing.

## ENHANCED WELLBEING

FOR OLDER ADULTS



Assisting in decisions to promote healthy ageing and wellbeing including positive ageing strategies, and making the most of retirement.

## PSYCHOEDUCATIONAL PROGRAMS

Education for older adults, caregivers and families about ageing-related changes in physical and mental health, social roles and networks.



## COUNSELLING

FOR INDIVIDUALS AND FAMILIES



Coping with grief and loss, life review and end of life issues. Support with mental health problems including, depression, anxiety and dementia.

## TRANSITIONS

ADJUSTMENTS OF LATER LIFE

Adaptive strategies for managing transitions of later life. Retirement; Residential relocation; Health and lifestyle changes; loss and bereavement.



## SUPPORT

FOR OLDER ADULTS AND CARERS



Whether in the community, at home, or in residential aged-care, Educational and Developmental Psychologists are ready to support you.

To find an Educational and Developmental Psychologist near you, consult your GP or head to [www.psychology.org/Find-a-Psychologist](http://www.psychology.org/Find-a-Psychologist)



APS

College of Educational and Developmental Psychologists

Learn Well. Live Well.