

Depression & Carer Blues

Mental Health Services for Older People

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Mental Health Services for Older People

- Approximately Half of the Community Referrals relate to Depression
 - Generally Depression with some complication
 - April 2006, 14 referrals for month (monthly range of referrals 14-23 per month)
 - Severe
 - Anxiety
 - Psychotic

Community Approach

- Social
- Therapeutic
- Pharmaceutical

Social Supports

- Community Activities run by Local Government
- Men's Group
- Group Based Rehabilitation Program
- Supports through Other Programs

Local Government Activities

- Most Local Governments provide
 - Neighbourhood Houses
 - Community Centres
 - Range of activities
 - Tend to be more female orientated, e.g. craft, line dancing, keep fit, weight watchers, carpet bowls, card games, bingo, meals.

Men's Groups

- Men's Shed
- Peter Badcoe (VIC) Centre at RAAF Base.
- Community Health Centres

Group Based Rehabilitation Program

- Funded under Strategy 8 - part of a \$25m package in May 2005 Budget for Mental Health.
 - \$2 million from mid-2005 for 2-3 years (non recurrent funding)
 - \$400K for older people
 - Helping Hand Aged Care

Group Based Rehabilitation Program, contd.

- Primary Prevention, Early Intervention Model
- Clients of Mental Health Services for Older People
- Group Based Opportunities
- Transport Assistance
- Linkages to Community Activities.

Other Support Activities

■ Mental Health & Wellbeing Program

- Part of Strategy 6 - \$9.4m (\$470K for each region, North, South, East West)
- Helping Hand Aged Care (North, 1/2 West), Southern Cross (South, 1/2 West), UnitingCare Wesley Adelaide (East)
- Personal Care, Social Support, Counselling, Transport Assistance, Linkages to Community Activities, Allied Health.

Other Support Activities, cont'd

■ Collaborative Action Program

- Collaboration between Mental Health Services for Older People, RDNS and UnitingCare Wesley Adelaide.
- Packages of Care to maintain people in their own homes.
- Strong focus on social support.

Other Support Activities, cont'd

■ Community Integration Program

- HACC Funded Project
- North, West and South (but not East)
- Primary focus to maintain people in their own home and avoid admission into care/hospital.
- Brokered Services
- Strong focus on social support

Therapeutic

- Cognitive Behaviour Therapy
- Divisions of General Practice access to Psychologists
- Medicare Access to Psychologist

Pharmaceutical

- GPs
- Mental Health Services for Older People
- Psychiatrists in private system.

Access to MHSfOP

- Referral to the relevant Adelaide metropolitan community team.
- North, South, East and West
- Multi-disciplinary teams of Mental Health Nurses, Social Workers and Occupational Therapists
- Clinical Leadership from Consultant Psychiatrists.