



**AAG**

Australian  
Association of  
Gerontology



**52<sup>nd</sup> AAG  
CONFERENCE**

**5 – 8 NOVEMBER 2019**

**5 NOVEMBER PRE-CONFERENCE WORKSHOPS**

SYDNEY, AUSTRALIA

**COMING OF AGE TOGETHER:**

**NEW WAYS OF  
KNOWING & ACTING**

# MENTAL HEALTH AND WELLBEING IN OLDER AGE: WHAT CAN BE DONE?

Older people are resilient but many grapple with mental health issues, as well as social isolation and loneliness.

They can face challenges accessing appropriate mental health services, which are often limited in availability, or not well linked with health and ageing services.

Those from CALD backgrounds, older Aboriginal and/or Torres Strait Islander people, and older LGBTI people are often particularly disadvantaged.

Effective and novel evidence-informed mental health interventions exist for older people but are not routinely available. Why?

This workshop will identify key issues related to mental health in ageing, and explores:

- ~ What is the current state of play regarding older people's mental health?
- ~ How could access to mental health services in aged care be improved, particularly with a focus on prevention and early intervention?
- ~ Which groups are particularly disadvantaged when it comes to their mental health?
- ~ How could the health and ageing systems better interact for the benefit of older people's mental wellbeing, and for the benefit of carers?
- ~ What innovative approaches to mental health in aged care are being taken in Australia and globally, and how could these be rolled out more broadly?

Delegates will come away with an increased appreciation of:

- ~ What constitutes mental health and wellbeing in older people receiving aged care?
- ~ Obstacles and barriers to improved mental health and wellbeing services for older people receiving residential and community aged care
- ~ Current thinking about effective evidence-informed interventions for older people's mental wellbeing
- ~ Groups who face particular challenges having their mental health needs met
- ~ Novel approaches to ways older people can be better linked up with mental health services.



Tuesday, 5 November 2019



9:30am to 12:30am



International Convention Centre  
14 Darling Dr, Sydney NSW



\$55.00 (inc lunch & morning tea)

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Australian Government  
Department of Health

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