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Ryde SMHSOP
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Outreach Team

Comprehensive Assessment, Care Coordination, Education & Therapy, Supporting Recovery

Studio

Innovative Group Program: Promoting Independence & Wellbeing through education, therapy and social connectedness

Residential Program

Digby House

NSW Northern Sydney Local Health District
Stepping On @ The Studio - Pathway

Phase 1
Stepping On @ The Studio

Phase 2
Yoga @ The Studio

Phase 3
Yoga with Healthy Lifestyle Program

NSW Government
Health Northern Sydney Local Health District
Stepping On with Recovery

Group Participants - 3 male, 5 female, (4 CALD Backgrounds)
- 7 Participants completed the Program
- Improvements in Physical Outcome Scores (variations due to physical health factors)
- Reduction in Psychological Distress amongst most participants (Variations due to physical health factors).
- Improvements in Falls Efficacy Scale (FES-I)

Yoga @ The Studio (Phase 2)
- Completed 8 week adapted Yoga course and continuing with Yoga maintenance.
Adapted Yoga @ The Studio

Typically all classes include:
• Breathing techniques (pranayama)
• Adapted yoga positions (asana)
• Relaxation practice (yoga nidra)

Research

Yoga:
• A promising Intervention to improve fear of falling and improve balance.
• Has a demonstrated positive effect on your Mental Wellbeing.

Google Image: richey-racquet.com
Older People With Mental Health Problems & Falls Prevention

Social Isolation

Multiple Medication

Psychotropic medication

Depression

Lack Of confidence/amotivation

Predictors of falls in older people

Research

Psychological Impacts of Falls

Lack Of confidence/amotivation

Co-morbid Physical Health issues

Clemson et al., 2004; Hill et al., 2006; Schepens et al., 2011; Iaboni et al., 2013
Stepping On with Recovery

Person-Centred Care

Recovery and Mental Health

Physical Health Care and Mental Health

Falls
Multiple Medication
Malnutrition
Muscular Skeletal Limitations
Pain
Pressure Areas
Constipation

NSW Ministry Of Health GL2009_007 / PD2009_027)
Physical Health Care & Mental Health

Life Expectancy in Mental Health (Prof. Tim Lambert 2003)
- 15-20 year reduction compared to the general population
- 80% of deaths due to preventable physical illness & lifestyle factors

Cardiometabolic Problems:
- Lifestyle factors
  - Sedentary Lifestyle
  - Poor Diet
  - Smoking
- Obesity
- Diabetes
- Cardiovascular
- Dyslipidemia
- Hypertension

Falls Risk
Fear of Falling

Future Planning

**Stepping On @ The Studio**

- Stepping On Digby House Group - June 2015
- Continuation of Yoga Program @ the Studio
- Networking with community Yoga, HLP, Medicare local

- Stepping On Group with younger consumers functionally older than chronological years.