

Older People, Mental Health & Falls

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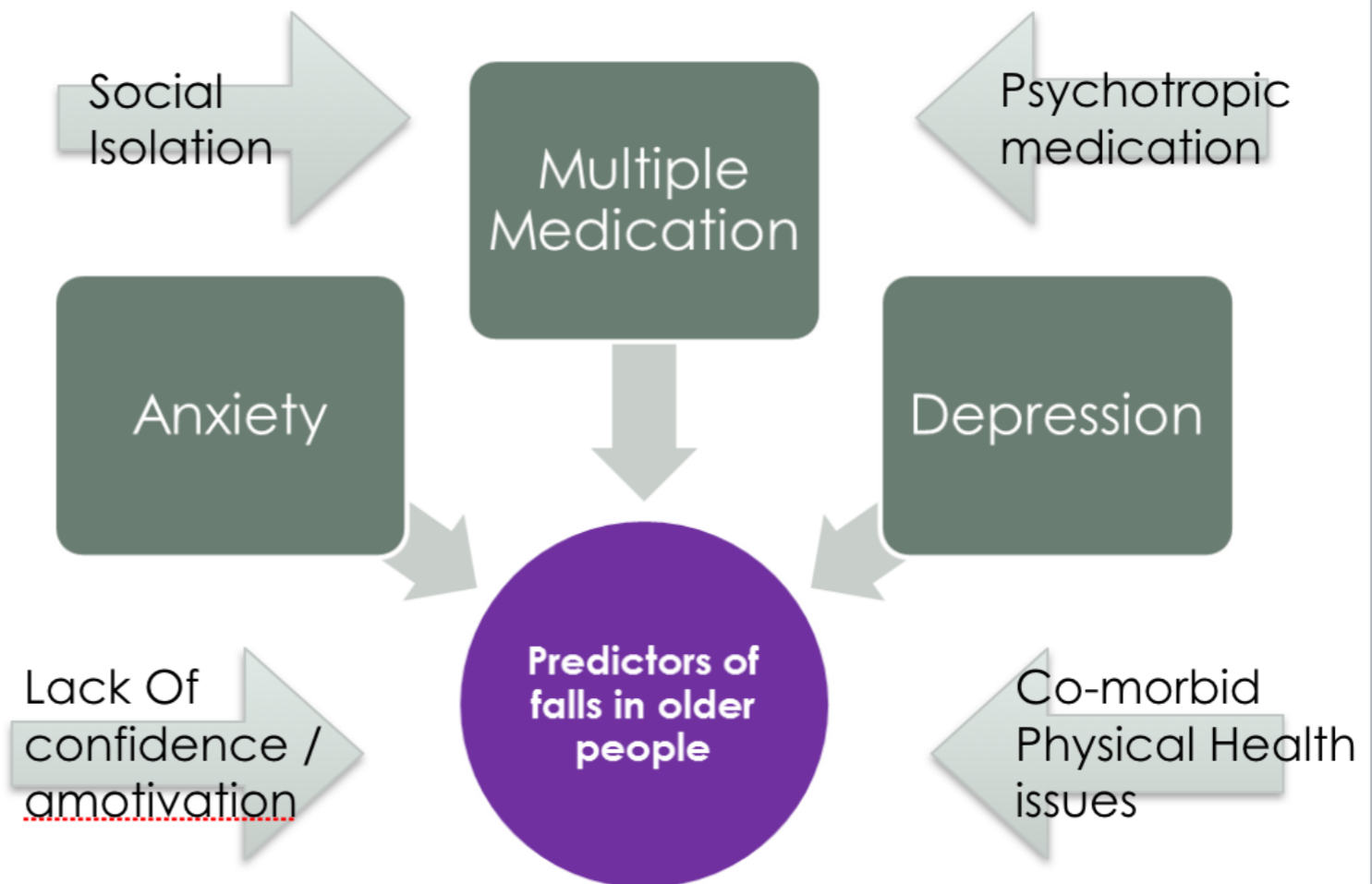
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Mental Health and Falls

Older People With Mental Health Problems & Falls Prevention



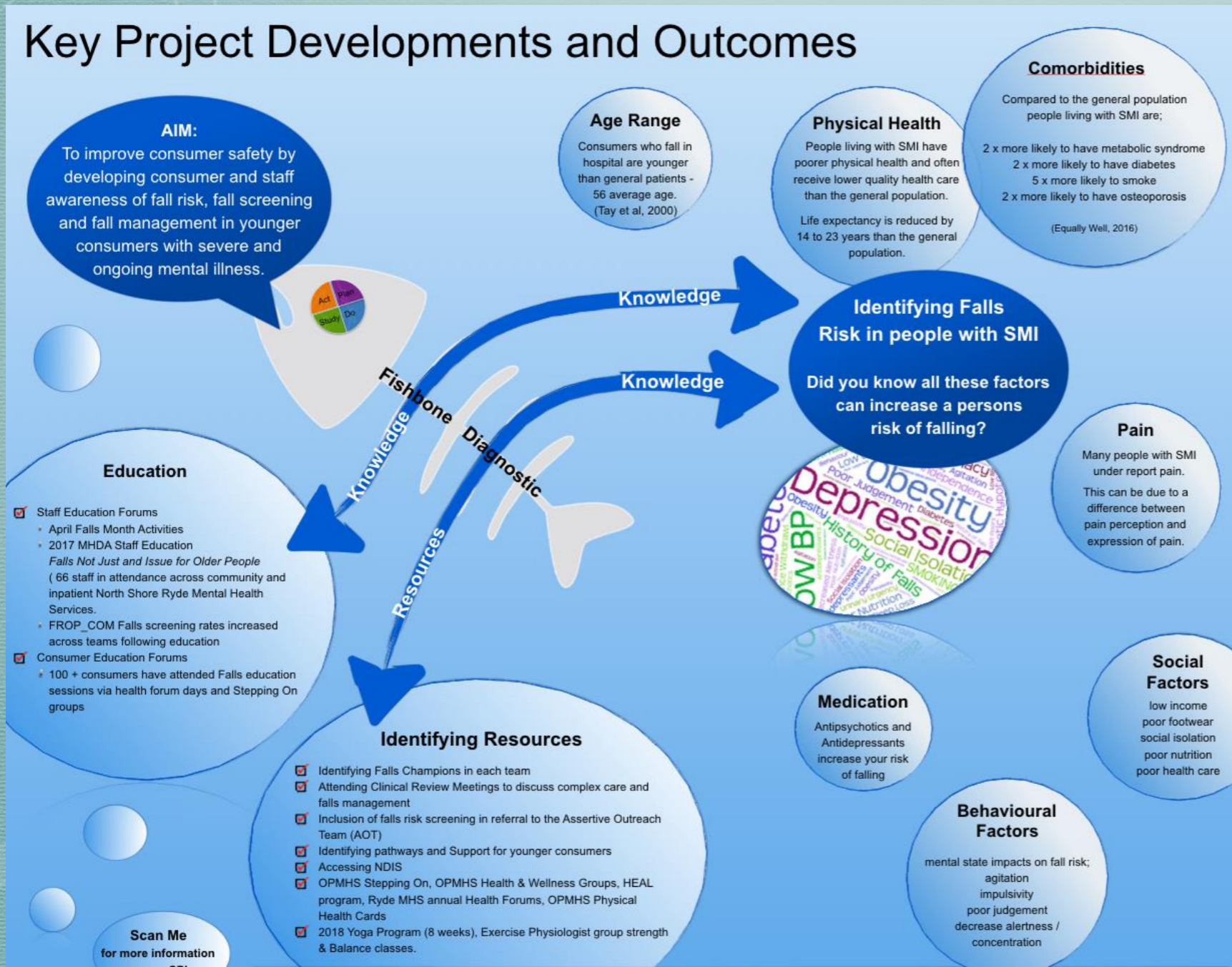
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MH and Falls in Younger People

Understanding Falls in Community Dwelling Adults with Enduring Mental Illness:
A Clinical Practice Improvement Project by Diane GRAYSHON and Mandy MEEHAN

Key Project Developments and Outcomes



Nearly 50% of all Australians will experience MI at some point in their lives

4/5 people living with MI have co-existing physical illness.

HALF of people with psychosis have METABOLIC SYNDROME

Reduced Life expectancy for people with severe and enduring MI by 14-23 years



**Poor MH
may impact
on an
older person's
Physical Health
&/or
Quality of Life**

(WHO, 2013)



**52% permanent aged
care residents have
symptoms of
depression**

(Aust. Institute of Health & Welfare, 2018)



**Depression
the no. 1
health
concern by
2030**

(WHO, 2005)

**Highest age
specific suicide
rate across all
ages is observed
in males 85yo
and older**

(ABS, 2014)

**co-occurring
physical illness can
increase risk of
depression &
anxiety**

(Living Well in Later Life, 2017)

Depression in older people

Produced by: Dr Sophia Bennett

Funded by: HEE North East NHS Health Education England

Endorsed by: Royal College of Psychiatrists, Faculty of Old Age Psychiatrists

Pub Sept 13 2017

<https://www.youtube.com/watch?v=mrqgaLnQ5zQ>



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<http://www.apa.org/>



Older People & Depression

10-15% of older people experience Depression (Beyond Blue)
52% of all permanent aged-care residents had symptoms of depression (MHC 2019)

Jenny...

- “I’d be in bed a lot”
- “I didn't sleep”
- “I didn't even read or watch the TV”
- “I didn't want to bother my daughter”
- “It hurts to move”
- “Didn't want to be a burden”





DDD: Dementia, Delirium & Depression

Dementia, Delirium, Depression & Mental Health.

- **Screening** for likely **delirium** or acute medical deterioration
- **Screening** for **key risk issues** (including harm to self or others, pain, falls, polypharmacy, substance use & ETOH issues ,abuse etc)
- Relevant past **mental health history** and **current mental state** (including cognitive assessment and experiences of trauma, loss and grief)
- **Engaging the consumer, families and carers** (RACFs, GPs, Community Services etc)



Symptoms of Depression in Older People

| Behavioural | Emotional | Thoughts |
|---|---|---|
| Neglect of self care | Low Mood | Indecisiveness |
| Neglect of responsibilities | Anhedonia (loss of interest or pleasure) | Loss of self-esteem |
| Social Withdrawal | Feelings of Worthlessness & Guilt | Excessive concerns about financial situation |
| Unexplained Functional Decline | Moodiness or Irritability (May present as anger / aggression) | Reoccurring thoughts of death / dying or suicide |
| General slowing down or restlessness | Overwhelmed | |
| Difficulty getting going in the morning |  Health Northern Sydney Local Health District |  |

Symptoms of Depression in Older People

| Physical | Thinking |
|---|-----------------------------|
| Somatic Complaints: | Cognitive complaints: |
| ▶ Unexplained headache, backache, pain | Poor Concentration |
| ▶ Preoccupation with bowels, digestive upsets, nausea | Hard to focus |
| Sleep disturbance (insomnia / hypersomnia) | Difficulty making decisions |
| Significant appetite & weight changes | Memory problems |
| Loss of energy / fatigue | |
| Agitation, hand wringing, pacing | |
| Slowed Movement | |



Older People & Depression

ASK - LISTEN - SUPPORT

Communication

- ▶ Start the conversation
- ▶ Ask the Question
- ▶ Take the time to listen
- ▶ Have a person - centered focus
- ▶ **Work in partnership with consumer, carer & GP**

“Have you been bothered by feeling down, depressed or hopeless”

“Have you been bothered by having little interest or pleasure in doing things?”



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Interventions - Useful Resources

Beyond Blue www.beyondblue.org.au

Information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Black Dog Institute www.blackdoginstitute.org.au

Information & facts about mental illnesses, online self-testing, current treatments and wellbeing.

MindSpot www.mindspot.org.au

The MindSpot Clinic is a free telephone and online service for Australian adults troubled by symptoms of anxiety or depression.

LifeLine 13 11 14

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.



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