

Promoting Older People's Mental Health

Maximum Participants: 16

Duration: One Day

Timings: 09:30 – 16:30



Suitable for

All health and social care professionals who may work with older people through their day-to-day work:

- Day care staff
- Domiciliary care staff
- Health care assistants
- Nursing staff
- Residential care staff
- Team Leaders and Managers
- Voluntary Sector Staff/Volunteers

Aim

To recognise the mental health needs of older people and how to promote emotional well-being. You will develop practical ideas and approaches for promoting mental health in your care-setting.

Learning Outcomes

By the end of the course, you will be able to:

- ✓ Recognise stereotypes of ageing in today's society and how these may impact on older people's mental health and emotional well-being
- ✓ List the signs and symptoms of mental distress and depression
- ✓ Distinguish between dementia and other mental health conditions
- ✓ Be aware of the impact of mental health problems on the older person, their relatives and carers
- ✓ Demonstrate person-centred care skills when working with older people living with mental health conditions
- ✓ Choose and use a variety of practical techniques and strategies to promote mental health in older people

You will also leave the course with:

- ✓ A sense of achievement
- ✓ A toolkit of techniques and practical ideas for releasing your potential
- ✓ A Personal Action Plan to take your learning further

Training Style

All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- ➔ Care Matters: Protecting Client Confidentiality and Professional Boundaries
- ➔ Dementia Awareness
- ➔ Dementia: Social Work Perspectives
- ➔ Diversity: Valuing Difference when Working with Others (for front-line staff)
- ➔ Meeting the Care Needs of Older LGBT People
- ➔ Mental Health Awareness

Mike Phillips Training

Releasing potential through learning and development



"This course will help me in my work with older clients (including those who have dementia."

I really liked the variety of training techniques used – this made it fun and engaging."

Course Participant

Westview



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