



Course Outline

Older People, Mental Health and Wellbeing

Minimum and Maximum Learners: 06 - 16 Duration: One Day Timings: 10:00 - 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
- Housing Sector Staff

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 today 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 in older people.
- ✓ **Distinguish** between dementia and other mental health conditions.
- ✓ **Explain** 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.

Benefits of Attending

✔ Feel confident and ready to put your learning into practice.

✔ Create a Personal Action Plan to apply your learning in your workplace.

✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*email required)

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

➔ Basic Counselling Skills: For Health and Social Care Professionals (2 Days)

➔ Meeting the Care Needs of Older LGBT+ People

➔ Dementia: Normal Ageing, Brain Change and Dementia Awareness

➔ Mental Health Awareness

➔ Dementia: Social Work Perspectives

➔ Protecting Client Confidentiality and Professional Boundaries

➔ EDI: An Introduction to Equality, Diversity and Inclusion (Frontline Staff and Volunteers)

