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**Community Response
Enhanced
Assessment
Crisis and
Treatment **S**ervice**

Older People's Mental Health – not just dementia

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Case Example 1

- 86 yr old gentleman with memory problems
- GP referral in crisis with a possible diagnosis of dementia
- Severe depression with psychosis
- Recovered completely with antidepressant & antipsychotic medication as well as psychosocial interventions



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Case Example 2

- 88 yr old lady with memory problems and a family history of dementia
- Paranoia regarding neighbours - moved house 4 times as a result
- Persistent Delusional Disorder
- In remission; improvement sustained with community mental health team and compliance with antipsychotic medication. Has not moved house since treatment.



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Case Example 3

- 93 yr old gentleman with a diagnosis of Alzheimer's Disease (AD)
- Significant BPSD
- Diagnosed with severe depressive disorder and debilitating anxiety disorder
- Treated with antidepressant and anxiolytic medication; also brief period on antipsychotic medication
- Baseline AD level of functioning achieved by treating the treatable mental health condition



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Challenges and issues we encounter

- Attribution to ageing and dementia
- Under-recognition of the treatable nature of non dementia-related mental health problems in older age and mental health problems in dementia
- Under-detection - due to nature of symptoms and living alone
- Under-diagnosis of depression in care homes and General Hospitals
- Interaction of mental health and physical health needs in older adults making assessment and management more difficult



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More Challenges

- Stigma of mental illness
- Loneliness- alcohol use and depression
- Increased focus on Dementia to the disadvantage of functional mental illnesses
- Under-recognition and variable availability of evidence based psychological treatments for older adults
- Up-skilling the health, social care and third sector organisational workforce at all levels and grades to cater for the needs of older adults with mental health problems



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Importance of Specialist Older People's Mental Health services

- Timely, appropriate and accurate diagnosis by experts, followed by implementation of evidence-based holistic treatment plan
- Parity of esteem – that of physical and mental health
- Promotion of healthy ageing with preventative aspects of healthcare being given more importance
- Empowerment of all staff who come in to contact with older adults via education and training



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Solutions

Awareness

Education, training and upskilling of staff



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Solutions

Strong clinical leadership

Raise awareness on the issue of social isolation and loneliness

Political solutions and more resources for psychological interventions

All involved to work together- health, social care sector and voluntary and third sector organisations

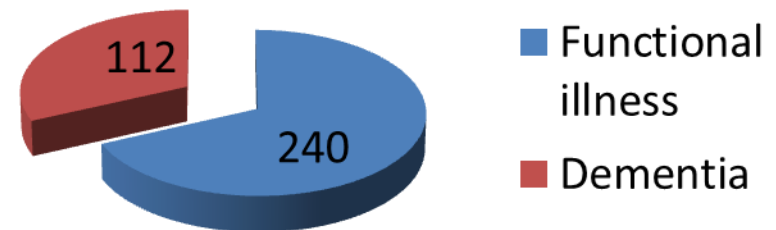


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Admission avoidance - REACT 3 year data

Of the 352 patients in whom hospital admission was avoided, 112 had a diagnosis of dementia and 240 had a functional illness



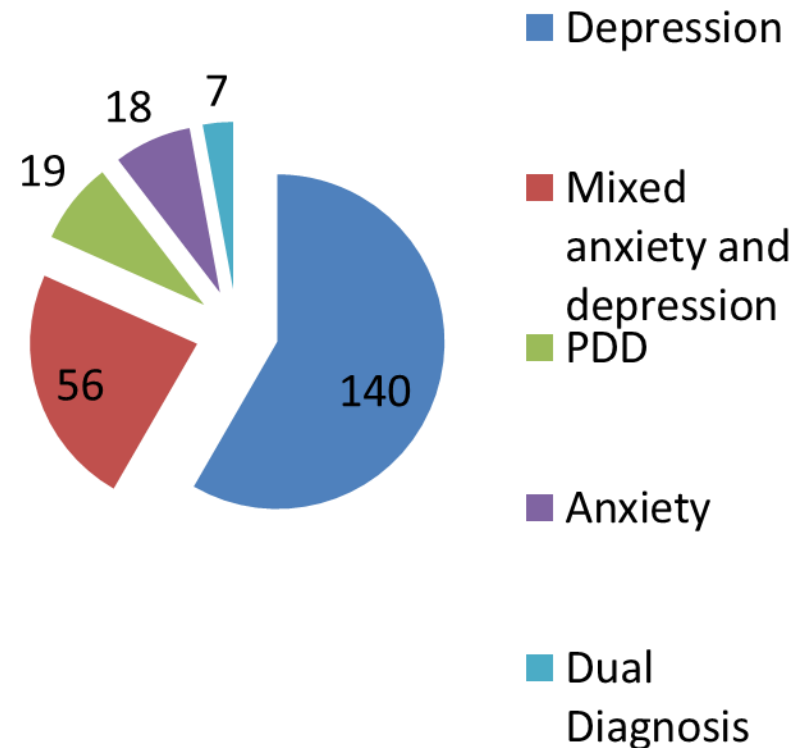


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Functional Illness (240)

- 140 depressive disorder
- 56 mixed anxiety and depressive disorder
- 19 persistent delusional disorder
- 18 anxiety disorder
- 7 dual diagnosis





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Diolch yn fawr!!!

xx

(That means 'thank you
very much' in Welsh)