

MENTAL HEALTH WORK WITH OLDER PEOPLE

This a one day workshop for staff in Statutory, Voluntary and Independent organisations, working with, and providing care for older people in the community.

The aim of the workshop is to increase workers understanding of the mental health difficulties which older people may experience and to assist good practice in the management of their care.

We shall be exploring the functional mental health disorders and organic disorders under the category of Dementia. We shall also be looking at the latest research into Alzheimer's disease.

The workshop will consist of discussion, group exercises, case study, presentations by the trainer and video material. Reading material relating to the cause content will also be provided in the form of a training pack.

COURSE OBJECTIVES

- To explore the range of mental health needs which older people may have
- To explore the thoughts, feelings and behaviour associated with mental health difficulties
- To focus on issues which staff may have when managing the care of older people with mental health needs
- To explore communications skills in this area
- To explore managing difficult and challenging behaviours which older people may present with.

As a result of this workshop staff will:

- Have increased their understanding of the mental health problems which older people may experience;
- Be able to identify the main problems of behaviour, thoughts and feelings associated with mental health needs;

- Have had the opportunity to develop communication skills and managing behaviours needed when caring for people with mental health needs;
- Gained a further understanding of service users rights and carer's perspectives;
- Be able to participate more effectively in the planning of care for older people with mental health needs.

This course provides some of the underpinning knowledge and skills relating to the National Occupational Standards Health & Social care levels 2 & 3 and also to the Skills for Care 'Knowledge Set for Dementia'.

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