



# *Chrysalis Wellbeing Series Session 3:* **Are your Older Patients okay?** **Mental health in later years**

## PHN EDUCATION SESSION

The Chrysalis Wellbeing Series of webinars aims to provide information and resources to enhance the mental wellbeing of Primary Care Health Professionals.

This session will focus on mental health presentations in older patients, specifically distinguishing features of mental illness, assessment and screening, diagnosis and treatment approaches. It will feature case study presentations and a Question & Answer session.

### Discussion will include:

- Aetiology of depression in older people & clinical features of geriatric depression
- Evaluation of risk in depressed older people, useful screening tools for people 65 years +
- Evidence based treatment approaches including neurostimulation, medications and psychological treatment
- Common errors in diagnosis and treatment.

### Learning objectives:

1. Understand the aetiology, evaluation of risk and use of screening tools for depression in older patients
2. Recognise the clinical features and evidence based approaches for management of depression in older patients

**WHO: GPs, Nurses, Practice Managers, Allied Health Professionals**

**WHEN: Wednesday 21<sup>st</sup> April 2021, 6.30 pm – 8.00 pm**

**WHERE: Online via Livestream webinar**

**RSVP: Please [click here](#) to register.** Slido will be used on the night for questions and evaluation, please go to [slido.com](https://www.slido.com), enter event code



# Are your older patients okay? Mental Health in later years

## SPEAKERS:

**DR JAMES WOLSTENHOLME** is an Australian trained general practitioner with experience in a variety of primary care settings, medical education, professional development, governance and regulation. Dr Patel's career in Australia includes leadership roles in medical regulation, Aboriginal health, rural and remote health, private general practice, medical education and board directorships. In 2020 Ameeta was appointed a Director of the Doctors Health Advisory Service board. Ameeta currently lives on Lake Macquarie and practices as a GP in her local community whilst caring for an aging mother.



**DR PETRA MUIR** Cath is a psychologist and previously a Registered General Nurse. She has over 30 years' experience working in mental health in regional and remote Australia. Since 2015 she has worked with RFDS Qld and with RFDS Victoria (since the Gippsland fires). Cath is currently working on this CRANApplus project providing mental health training for health professionals in drought and bushfire affected areas.



**DR ROBYN FRIED** is a General Practitioner who has worked at Valentine Family Medical Practice in Lake Macquarie for 20+ years, and also works currently in a Residential Aged Care Facility. Robyn has ongoing links with a capacity health building organisation in Timor Leste which keeps her grounded when considering the disparities in health resource availability.



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## The *Chrysalis Wellbeing Series* will also feature the following events:

- Session 4 – Youth Suicide Prevention: 12<sup>th</sup> May 2021
- Session 5 – Indigenous Mental Health: 2<sup>nd</sup> June 2021
- Session 6 – Social Prescribing: 23<sup>rd</sup> June 2021