

BETTER BRAINS BETTER BODIES BETTER AGEING



An initiative by the Eastern Suburbs Older Persons Mental Health Service,
Prince of Wales Hospital



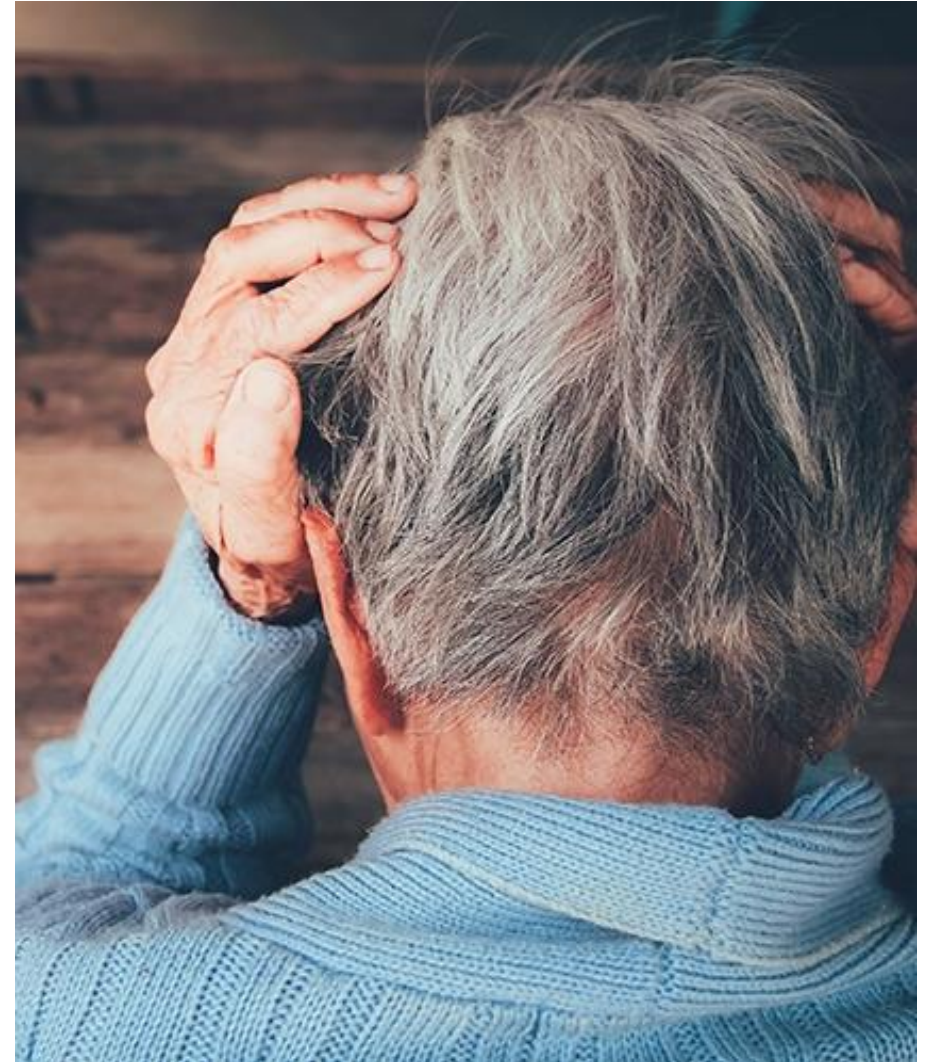
Thriving in Later Life: Cultivating Purpose, Connection, and Activity to Beat Depression and Anxiety

DR KATYA NUMBERS



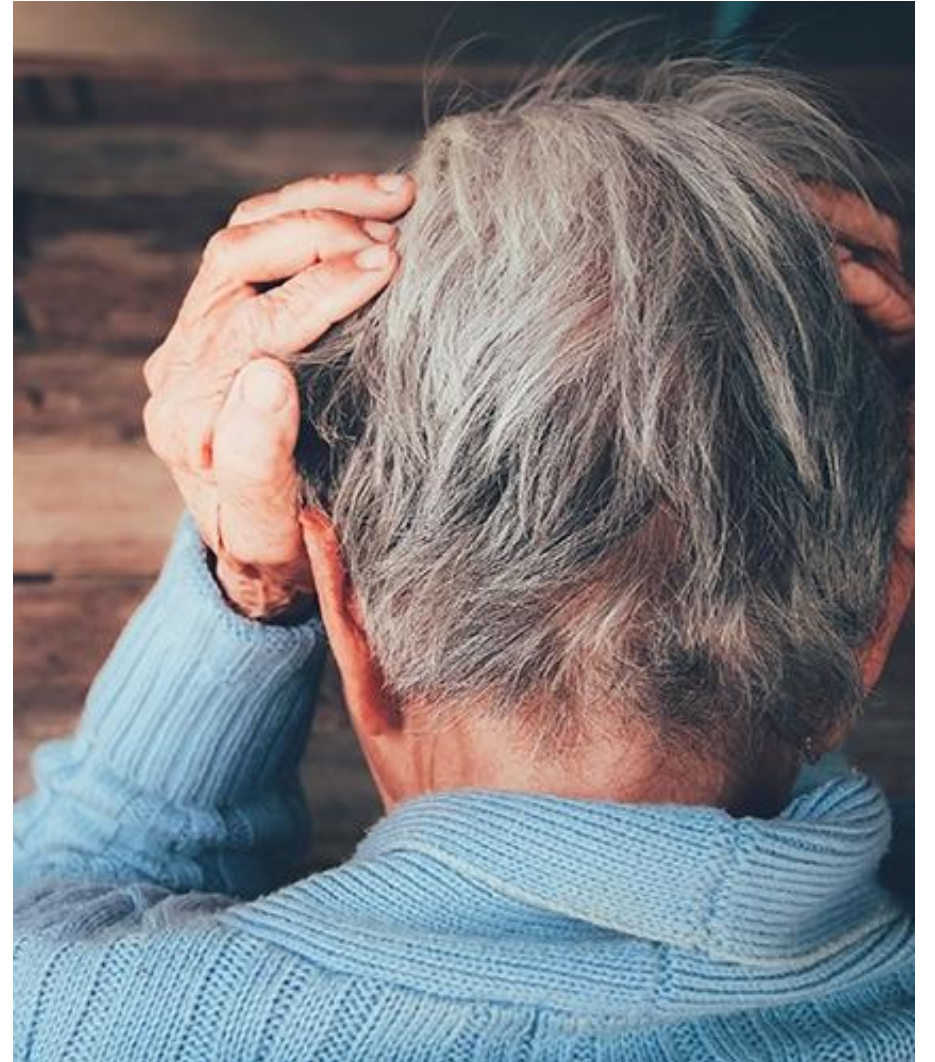
Mental Health and Ageing

- Mental health issues are common.
- Most common are depression and anxiety.
- 10 – 15% of older Australians have depression or anxiety.



Mental Health and Ageing

- Older people are NOT more depressed or anxious than others.
- BUT are less likely to seek treatment for depression or anxiety.



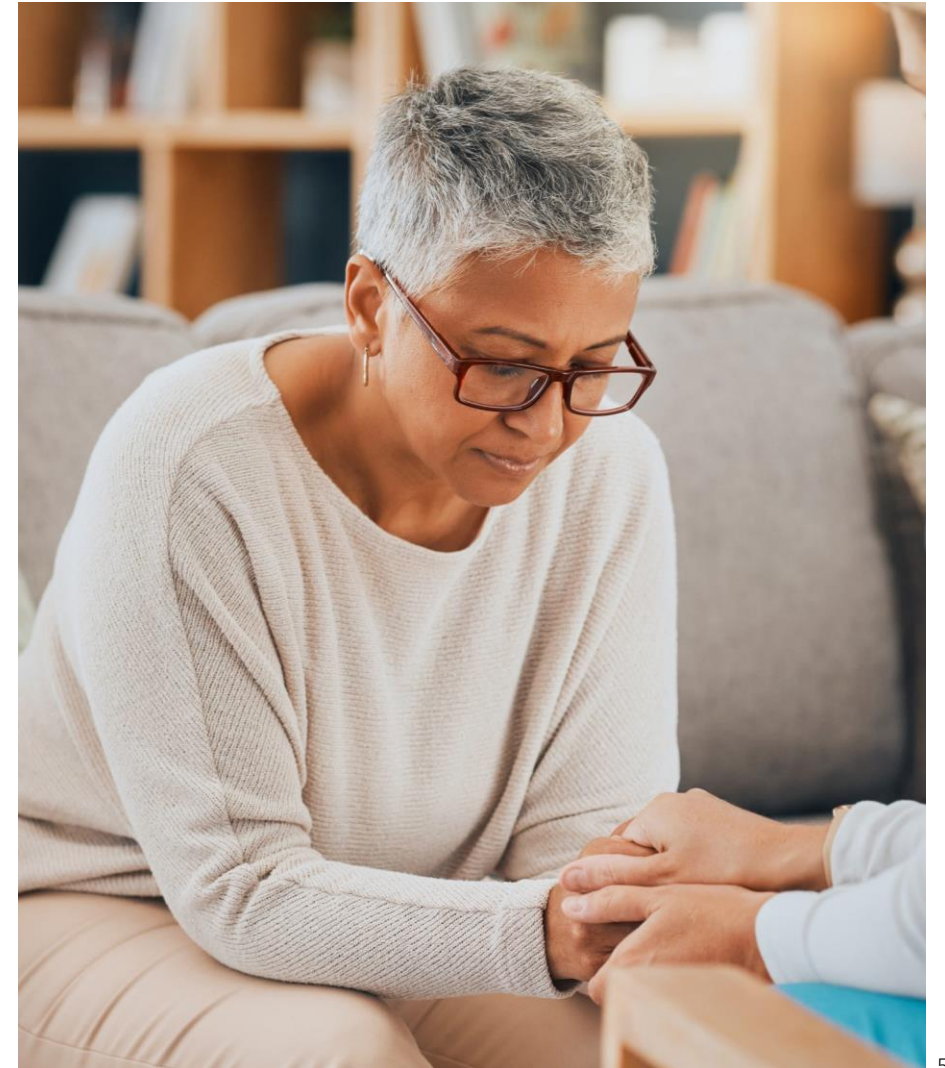
The Impact

- Heart disease
- Diabetes
- Stroke
- Dementia
- Disability
- Mortality



Barriers to Treatment

- Stoicism about emotional and physical pain.
- Not wanting to 'complain'.
- Not sure about effectiveness of treatment.



Barriers to Treatment

- Barriers on the part of the healthcare provider.



“Depression in elderly people goes undiagnosed because many people think that depression is a normal part of ageing”

- Physician for the National Alliance on Mental Illness (NAMI)

Barriers to Treatment

- Unaware of the symptoms of depression or anxiety.



"I didn't know anything about depression, so I didn't know I was depressed"

- Older adult with depression

Signs and Symptoms of Anxiety

• Behavioral



- Avoiding objects or situations
- Urges to perform certain rituals
- Difficulty making decisions
- Being startled easily



Signs and Symptoms of Anxiety

• Feelings



- Constant fear
- Worried about physical symptoms
- Constant dread
- Constantly tense or nervous
- Uncontrollable or overwhelming panic



Signs and Symptoms of Anxiety

• Thoughts



- "I'm going crazy"
- "I can't control myself"
- "People are judging me"
- Upsetting dreams
- Unwanted or intrusive thoughts



Signs and Symptoms of Anxiety

- Physical

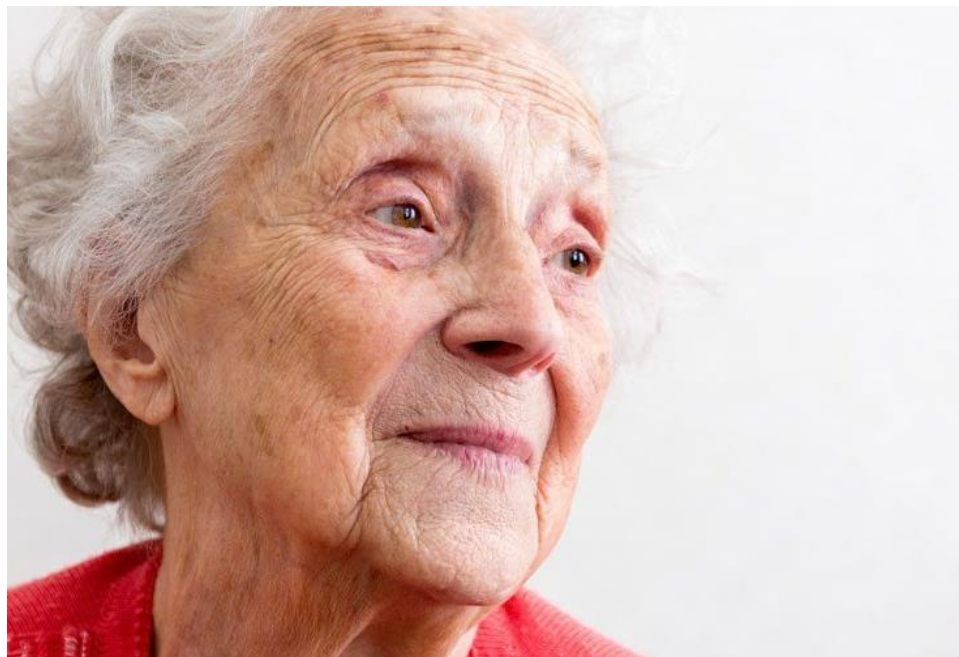


- Increased heart rate
- Muscle tension and pain
- Feeling detached from self or surroundings
- Having trouble sleeping
- Sweating, shaking



Signs and Symptoms of Depression

• Behavioral



- Neglect responsibilities and self-care
- Not seeing family/friends
- No pleasure in activities
- Difficulty getting motivated
- Behaving out of character

Signs and Symptoms of Depression

• Feelings



- Moodiness or irritability
- Angry or aggressive
- Sadness, hopelessness or emptiness
- Overwhelmed
- Apathy
- Feeling worthless or guilty



Signs and Symptoms of Depression

• Thoughts

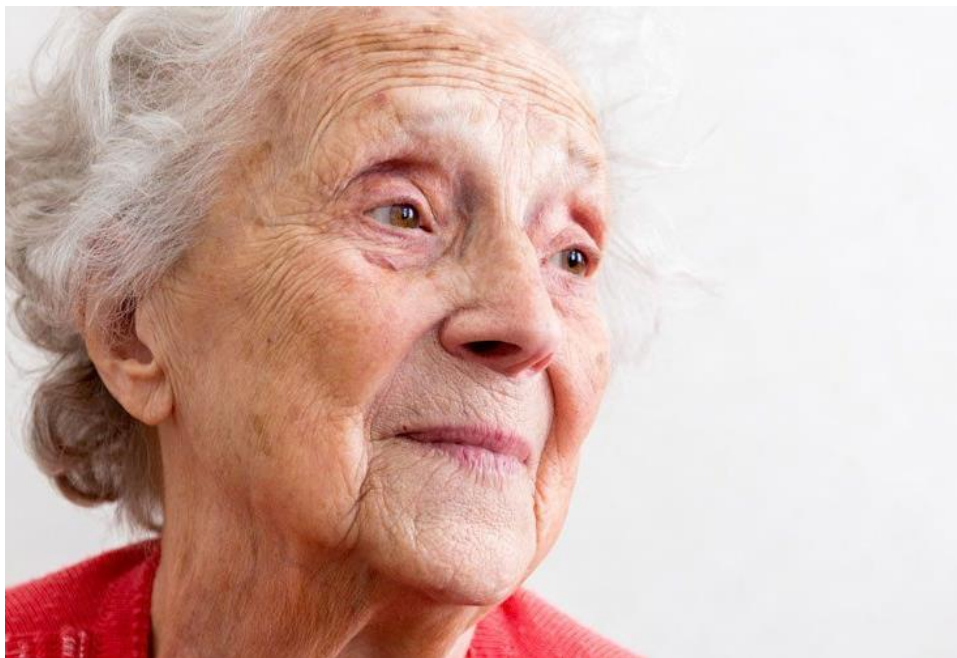


- "I'm a failure"
- "It's my fault"
- "Life is not worth living"
- Loss of self-esteem
- Excessive concerns about financial situation or family



Signs and Symptoms of Depression

• Physical



- Sleeping more/less than usual
- Feeling tired all the time
- Slowed movement
- Upset tummy
- Loss or change of appetite
- Significant weight loss/gain

Ways to Overcome or Avoid Depression & Anxiety in Later Life

Let's focus on three things:

1. Purpose
2. Social Connections
3. Staying Active



The Power of Purpose

- Finding Purpose in Later Life
- Purpose & Mental Health Link
- Rediscover or Cultivate Purpose
 - Old activities
 - New activities
 - Volunteer
 - Support family
 - Gratitude



Building Meaningful Connections

- Meaningful Social Connections in Later Life
- Overcoming Social Isolation
- Ways to Foster New Relationships
 - Community groups and clubs
 - Volunteer opportunities
 - Social meet up groups



Staying Active: Mind, Body, and Soul

- Physical Activity and Its Impact on Mental Health
- Mental Stimulation and Cognitive Engagement
- Pursuing Hobbies and Passions
- Keeping active wholistically is key!



The Role of Professional Support

- Seeking Help: Therapy, Counseling, and Support Groups
- Medication and Treatment Options
- Online mental health support



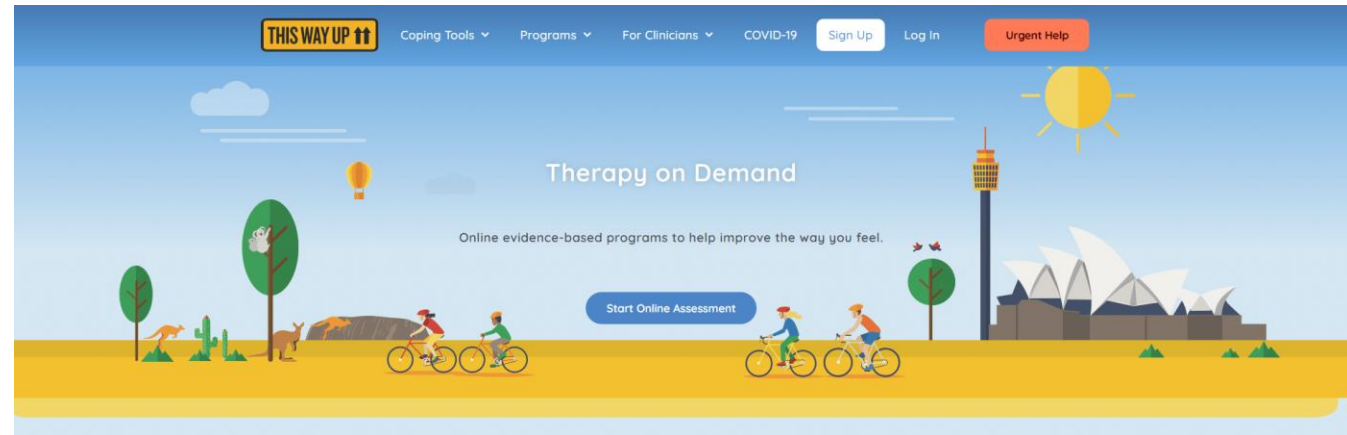
Resources



**Black Dog
Institute**



Beyond Blue



Take Home Messages

- Recognise the signs and symptoms of depression and anxiety.
- Know there are many tools to help manage mental health.
- Encourage open conversations about mental health.
- Advocate for Mental Health in Later Life.
- Becoming a Beacon of Inspiration!



Speaking of Inspiration...





C-STAM
Computerised Instrumental
Activities of Daily Living Test



UNSW
Department of Developmental
Disability Neuropsychiatry



RESEARCH PARTICIPANTS NEEDED

Are you 60 years or older and can communicate in English without assistance?



Speaking of Volunteering...

WHAT IS THE STUDY ABOUT?

The aim is to develop an online assessment tool looking at the ability to complete daily tasks such as shopping and finances. The tool will help clinicians help detect early cognitive changes in dementia.

WHAT IS INVOLVED?

- Telephone screening
- Questionnaires (can be online or on paper)
- In-person assessment of daily functioning (at UNSW Sydney or at home)
- Someone who knows you well completing a telephone screening and questionnaire about your ability to complete daily activities

WHO CAN TAKE PART?

People aged 60 years or over who:

- Live in Sydney
- Can understand, read and write in English without an interpreter
- Can use a computer
- Have a family member, friend or carer who sees you for at least 4 hours a week

WILL I BE REIMBURSED?

You will receive a \$50 gift voucher for participating in the study and reimbursed for any travel or parking expenses.

FOR MORE INFO

1. Scan QR code on the right
2. Email us: c-stam@unsw.edu.au
3. Visit our website: www.unsw.edu.au/research/c-stam/sign-up
4. Call **9348 1031** or **9348 1905**



RESEARCH PARTICIPANTS NEEDED!

Are you aged 70 – 90 and live in
Sydney's Kingsford-Smith or
Wentworth suburbs?
We need you!

Join CHeBA's groundbreaking research to help us understand risk factors and protective factors in relation to brain health.

Want to know more? Visit
www.mas2.org

Scan QR code to express
your interest!

Or email us at
mas2@unsw.edu.au



What are the benefits?

- You will receive **exclusive access to healthy ageing webinars** from our team at UNSW
- You will receive a **summary of your memory and physical health**



MEMORY & AGEING
STUDY 2

CHeBA
Healthy Brains Positive Ageing



UNSW
SYDNEY

UNSW Ethics approval:

Participating in research

Team of 1500 volunteers join fight against dementia with new Sydney study

- [Click here to view a 9NEWS report](#)

“Depression is NOT a way of life” - Mike



Thank YOU!



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Australian
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DEPARTMENT OF
DEVELOPMENTAL
DISABILITY
NEUROPSYCHIATRY

An initiative by the Eastern Suburbs Older Persons Mental Health Service, Prince of Wales Hospital



UNSW
SYDNEY



UNSW Ageing
Futures Institute



Randwick City
Council
a sense of community

