

The background of the slide is a solid dark brown color with a pattern of lighter brown, stylized autumn leaves scattered across it. The leaves have prominent veins and are oriented in various directions, creating a textured, organic feel.

*Issues and Observations about
Ageing in North East Victoria*

Aged Psychiatry Service

CDAMS

**Cognitive Dementia and Memory Service
&**

“Healthy & Wise”

Mental Health Promotion Program

Northeast Health Wangaratta.

Who are we?

- Psychiatrists
- Psychiatric Nurses
- Social workers
- Neuropsychologist – CDAMS
- Referrals from GPs /Residential facilities
/other service providers

111 accumulated years of experience working
with older persons in NE Victoria

Our Client Group

Older persons who experience:

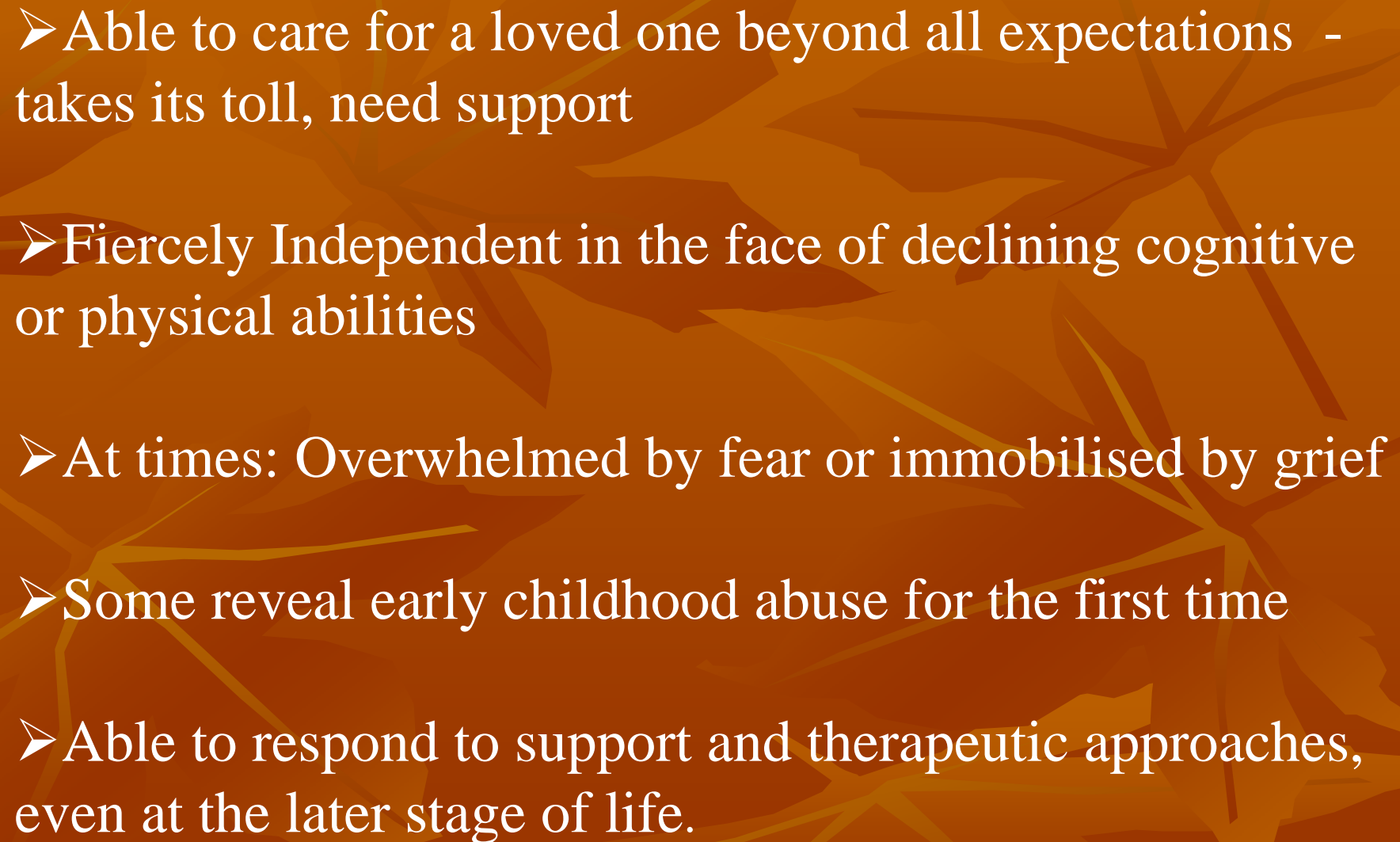
- Moderate to Severe Depression
- Anxiety disorders
- Long term serious mental illness
- Dementia –across spectrum and severity

and

- Healthy older persons who are seeking to age well

Older people in NE Victoria are:

- Not a homogenous group
- Different cohorts - young-old vs old-old
- Farmers and town dwellers
- Different ethnic groups, many post WW 2 migrants
- Increasing numbers of retirees from Capital cities
- Resilient
- Humorous

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- The background of the slide features a pattern of overlapping autumn leaves in various shades of brown, orange, and tan, set against a dark brown gradient background.
- Able to care for a loved one beyond all expectations - takes its toll, need support
 - Fiercely Independent in the face of declining cognitive or physical abilities
 - At times: Overwhelmed by fear or immobilised by grief
 - Some reveal early childhood abuse for the first time
 - Able to respond to support and therapeutic approaches, even at the later stage of life.

Older people

- Want to be involved in, and contribute to, their local community
- Many are very active in community work
- Value independence highly
- Have a wonderful store of knowledge and experience, but some feel this is no longer relevant to younger people

Issues

- Isolation - families move away
- Access to health services – difficult to get appointment with GP
- Financial – eg rising cost of fuel
- Ageism from service providers at times
- Lack of respect for autonomy – family, some health providers
- Afraid of a move to residential care - separation & autonomy issues

Issues

- Increase in older population
- Living longer, eg improved treatments for cardiac diseases, cancers, thus more neurodegenerative disorders (Brodaty)
- Wealth of knowledge & history to be appreciated and shared .. Value of historical societies and museums to retain this knowledge

Lastly - a quote from Wendy Walker, our Health Promotion worker

- “I find the older adults who attend Healthy & Wise to be quite inspirational – they have amazing life stories and experiences to share; enjoy the age they are (some describe a new found freedom to do the things that they want to do); most are involved in their community; are caring and accepting of others; seek out knowledge – including that which will enhance their health and wellbeing.
- Makes you think that it won’t be so bad to be there!!!!”