



## 2024 National Mental Health Webinar Series

Improving mental health for older people  
in residential aged care services

### Episode

# 1

## Accessing Mental Health Services for Older People: Who should I call for help?

Wednesday, 6 March 2024 at 1pm

### About the webinar topic

Residents in aged care services have a high prevalence of specific mental health disorders such as depression and anxiety. The rates of other mental health conditions such as schizophrenia, bipolar affective disorder, obsessive-compulsive disorders, psychosis, autism spectrum disorder and personality disorders are similar to that found in community dwellers.

There are a range of mental health services:

- > Psychologists, General Practitioners, Psychiatrists
- > Aged persons mental health services
- > Forensic mental health
- > Psychological treatment services targeting mental health through Primary Health Networks, which may include in-reach services
- > Dementia Support Australia, Severe Behaviour Response Team and Specialist Dementia Care Unit

This webinar will explore what is available for older people in residential aged care and how these services are accessed. The webinar will clarify referral patterns and patient eligibility for mental health services.

### The program

- |        |   |
|--------|---|
| 1:00pm | Welcome   |
| 1:05pm | Case Presentation<br><i>Prof Joseph Ibrahim</i>   |
| 1:15pm | Keynote Presentation<br>Mental Health Services for<br>Older People:<br>Who should I call for help?<br><i>Dr Terry Chong</i> |
| 1:35pm | Facilitated panel discussion<br><i>Dr Terry Chong, Dr Francine<br/>Moss, RN Tanya Cottrell,<br/>Ms Grace Billing</i>        |
| 1:55pm | Close   |

Register in advance for this free webinar:

<https://rb.gy/9kt8y7>

*After registering, you will receive a confirmation email containing information about joining the webinar.*

# Accessing Mental Health Services for Older People: Who should I call for help?

## What is the webinar format?

The format is short and sharp, lasting 60 minutes; during that time, a case study is presented with a keynote speaker followed by an interactive panel discussion.

## Who should register?

The webinar is designed for aged care staff, nurses, facility managers, allied health staff and medical practitioners.

## Who is the keynote speaker?

### Dr Terry Chong

*Psychiatrist and Clinician Researcher, Department of Psychiatry at University of Melbourne.*

Terry is a Senior Research Fellow – Psychiatry of Old Age at St Vincent's Hospital Melbourne, Department of Psychiatry. He is involved in research around cognitive health and cognitive impairment as well as physical activity, anxiety and Huntington's disease. In 2018, he was awarded membership to the Melbourne Medical School Academy of Clinical Teachers and he teaches medical students and psychiatrists in training through the Master of Psychiatry course. He advocates increasing community awareness of cognitive health, for example, in the media and community forums. He also practices as a psychiatrist at St Vincent's Health and Epworth Healthcare. In 2021, Terry was elected to the Board of Directors of the International Psychogeriatric Association.

## Who are the panel members?

### Dr Francine Moss

*Psychiatrist, Director of Clinical Services, St Vincent's Hospital Melbourne Older Adult Mental Health and Wellbeing Service*

### RN Tanya Cottrell

*Mental Health Nurse, Manager, Healthy Ageing Service, St Vincent's Hospital Melbourne Older Adult Mental Health and Wellbeing Service*

### Ms Grace Billing

*Occupational Therapist and Team Leader, St Vincent's Hospital Melbourne Older Adult Mental Health and Wellbeing Service*

## Who is the convenor and facilitator?

### Professor Joseph Ibrahim

*Professor at Australian Centre for Evidence Based Aged Care, La Trobe University.*

Joseph is a practising senior consultant specialist in geriatric medicine with over 30 years of experience and the current Residential Aged Care Communiqué editor.

## Register today

<https://rb.gy/9kt8y7>

## Save the date!

Episode 2: Wednesday, 8 May 2024 at 1pm  
Wellness and social inclusion

*The keynote speaker is Professor Deirdre Fetherstonhaugh  
Director, Australian Centre for Evidence Based Aged Care*

*Enquiries about the National Mental Health Webinar Series can be directed to: [J.Ibrahim@latrobe.edu.au](mailto:J.Ibrahim@latrobe.edu.au)*

## Acknowledgement

*This National Mental Health Webinar Series initiative is made possible by a collaboration between Uniting AgeWell, the Australian Centre for Evidence Based Aged Care, La Trobe University, the Binational Faculty of Psychiatry of Old Age, the Department of Psychiatry at the University of Melbourne, School of Psychiatry, University New South Wales, Centre for Healthy Brain Ageing UNSW, Dementia Support Australia, Australian Association of Gerontology, Australian Disease Management Association and Residential Aged Care Communiqué.*

