



## 2024 National Mental Health Webinar Series

Improving mental health for older people  
in residential aged care services

### Episode 3

## Depression recognition and management

Wednesday, 3 July 2024 at 1pm

### About the webinar topic

Episode 3 of the 2024 National Mental Health Webinar Series will explore depression in aged care homes, where about 30 per cent of residents have major or minor depression.

Depression is associated with a reduced quality of life, less participation in activities, weight loss and increased mortality. Depression is commonly unrecognised; residents sitting quietly, making no demands, are easily overlooked. Underdiagnosis is even more likely if the resident has physical comorbidities, dementia or communication difficulties.

Treatment is challenging. Medications have a limited benefit, especially in those with coexisting dementia and may have significant side effects. Psychosocial interventions show more promise. Better recognition of depression and employment of multi-pronged treatment approaches are needed.

### Who should register?

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

### The program

1:00pm	Welcome
1:05pm	Case Presentation <i>Prof Joseph Ibrahim</i>
1:15pm	Keynote Presentation: Depression in residential aged care <i>Scientia Prof Henry Brodaty AO, Centre for Healthy Brain Ageing, University of New South Wales</i>
1:35pm	Facilitated panel discussion <i>Scientia Prof Henry Brodaty AO, Prof Sunil Bhar, Dr Deborah Koder, Jessica Croughton RN (Mental Health)</i>
1:55pm	Close

Register in advance for this free webinar:

<https://rb.gy/i19qat>

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

## Episode 3

# Depression recognition and management

### What is the webinar format?

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

### Who is the keynote speaker?

#### Scientia Professor Henry Brodaty AO

Centre for Healthy Brain Ageing, University of New South Wales (UNSW)

Professor Brodaty AO is a researcher, clinician, policy advisor and strong advocate for people with dementia and their carers. At UNSW Sydney, he is a Scientia Professor of Ageing and Mental Health, Co-Director of the Centre for Healthy Brain Ageing and Director of the Dementia Centre for Research Collaboration. He has over 500 publications in refereed journals, is a senior psychogeriatrician and is Head of the Memory Clinic at Prince of Wales Hospital. Professor Brodaty was previously President of the International Psychogeriatric Association, Chairman of Alzheimer's Disease International and President of Alzheimer's Australia NSW and Australia. He is an officer of the Order of Australia and a Ryman Prize winner.

### Who are the panel members?

#### Professor Sunil Bhar

Sunil is a Professor of Psychology at Swinburne University of Technology. He is a clinical psychologist with expertise in the application of psychological treatments to older adults. He is the director of the Swinburne Wellbeing Clinic for Older Adults, a counselling and support service for aged care residents, families of residents and residential care staff.

#### Dr Deborah Koder

Deborah is a lecturer in the Department of Psychological Sciences at Swinburne University of Technology and a clinical psychologist who has been working with older adults for the past 30 years. She has taught clinically in geropsychology for many years and has supervised clinical psychology trainees across a variety of clinical settings.

#### Jessica Croughton RN (Mental Health)

Jessica is a registered nurse (mental health) in both the UK and Australia, with a strong academic foundation, holding a Bachelor's degree in Counselling and a Master's degree in Mental Health Nursing. Jessica brings a wealth of experience and expertise to her practice as a consultant with Dementia Support Australia.

### Who is the convenor and facilitator?

#### Professor Joseph Ibrahim

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/i19qat>

### Missed an episode?

Recordings of Episode 1: Accessing Mental Health Services and Episode 2: Wellness and Social Inclusion are available at <https://www.thecommuniques.com/mentalhealth>

## Save the date!

Episode 4: Wednesday, 4 September 2024 at 1pm  
Mental health presentations in persons with dementia

The keynote speaker is Associate Professor Stephen Macfarlane

Head of Clinical Services, The Dementia Centre, HammondCare

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

### Acknowledgement

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