

MENTAL HEALTH IN OLDER PEOPLE

Version: 1
Level: 6
Credit value: 20 credits (10 ECTS)
Effective from: September 2015

PRE-REQUISITES AND CO-REQUISITES

None

AIMS

This unit will allow students to develop an understanding of mental health issues in older people, and consider approaches to the assessment of mental health needs.

INTENDED LEARNING OUTCOMES

Having completed this unit the student is expected to:

1. Discuss ways in which normal ageing affects the mental health of an individual
2. Explore approaches to the assessment of common mental health problems within older people
3. Describe the presentation of common mental health problems within older people
4. Analyse the impact that mental health problems in older people have on families and carers
5. Critically evaluate integrated policy approaches to the care of older people with mental health problems

LEARNING AND TEACHING METHODS

The unit will be delivered through a combination of lectures, seminars, e learning, independent reading and study.

ASSESSMENT

Summative Assessment

ILOs 1-5 will be assessed by 100% coursework.

Indicative Assessment Information

A poster presentation, detailing the care of a client from practice. The poster should include information on clinical presentation, assessment strategies and integrated approaches to care (100%)

INDICATIVE CONTENT

- Mental health and emotional wellbeing in older age
 - The impact of physical health issues on the mental health of an individual
 - The social exclusion of older people with mental health needs; poverty, social isolation, lack of engagement
- Common mental health problems in older people; risk factors, presentation, formulation:
 - depression and anxiety, suicide and self harm
 - differential diagnosis mentioning delirium, depression and dementia but with an emphasis on depression
 - alcohol and drug problems; issues with prescribed medication
 - other mental health problems: schizophrenia, bipolar disorder
 - confusion
- Assessment processes
 - Risk and risk assessment
 - The single assessment process; integrated assessment, the care programme approach
- Recovery principles in older peoples mental health
- Policy initiatives; Integrated care
- Mental capacity, the Mental Capacity Act 2005

INDICATIVE KEY LEARNING RESOURCES

Books

Adams T. ed. 2008 *Dementia Care Nursing. Promoting well-being in people with dementia and their families*. Basingstoke: Palgrave Macmillan.

Barker S. Board M. 2012. *Dementia care nursing*. Exeter: learning matters/Sage

Department of Health 2009. *Living with Dementia: A National Dementia Strategy*. London: COI

Dimond, B. 2008. *Legal aspects of mental capacity*. Oxford: Blackwell

Downs M. Bowers B. 2008. *Excellence in Dementia Care*. Glasgow: Open University Press. Mc Graw Hill.

Harvey, P. 2005. *Schizophrenia in late life: aging effects on symptoms and course of illness*. Washington, DC : American Psychological Association

Keady, J. Clarke, C.L. Adams, T. (eds) 2003. *Community Mental Health Nursing and Dementia Care, Practical Perspectives*. Berkshire: Open University Press

Kitwood, T. 1997. *Dementia Reconsidered, the person comes first*. Berkshire: Open University Press

Nene, R. Aveyard, B. Health, H. (eds). 2007. *Older people and mental health nursing: a handbook of care*. Oxford: Blackwell

- Roberts, K. 2001. *Realising participation: elderly people as active users of health & social care*. Aldershot: Ashgate
- Sherman, B. 2000. *Dementia with Dignity*. Sydney: McGraw Hill.
- Smyer, M. & Qualls, S. 2000. *Aging and mental health* Oxford: Blackwell
- Terret, P. 1997. *Working with the Elderly and their Carers*. Palgrave: Macmillan.
- Vincent, J. Phillipson, C. Downs, M. 2006. *The Futures of Old Age*. London: Sage.
- Walker, S. Carpenter, D. Middlewick, Y. 2013. *Assessment and decision making in mental health nursing*. London: Sage.
- Williamson, G. Schaffer, D. Parmelee, P. (eds). 2000. *Physical illness and depression on older adults: a handbook of theory, research and practice*. New York: Kluwer Academic
- Zarit, S. & Zarit, J. 2007. *Mental disorders in older adults: fundamentals of assessment and treatment*. New York: Guilford Press

Websites

- www.HelpTheAged.org.uk
- www.alzheimers.org.uk
- www.doh.gov.uk
- www.nice.uk

Journals

- Ageing and Mental Health
- Journal of Mental Health
- Journal of psychiatric and mental health nursing
- Journal of psychosocial nursing and mental health services
- Mental health review
- OpenMind : the mental health magazine
- The journal of dementia care