

# 'WORKING WITH DEPRESSION & ANXIETY IN THE ELDERLY'

*A ONE DAY COURSE*

In a world that is changing rapidly it is hardly surprising that as people get older they sometimes find it difficult to keep up. Not only this, but as we get older we suffer loss, isolation and as we get physically frailer life can become restrictive. Depression and anxiety may have a dramatic effect on how people are able to cope with daily life, illness and relationships. This one day course will provide participants with more understanding of how depression and anxiety presents in the elderly, a forum for discussion and time to explore ways of caring with people who are affected, as well as ways of preventing this happening.

## WHO IS THIS COURSE FOR?

Professionals, volunteers and carers working in the statutory and non statutory areas of health, care and social provision. For example, Doctors, Nurses, Therapists, Care Managers, Support staff, Nursing & Residential Care workers, staff from charities, family and friends.

## COURSE OUTLINE:

- What is Depression and What is anxiety?
- Relationship between physical and mental health
- The differences in how depression and anxiety may present.
- What depression and anxiety looks like in the elderly
- Assessing risk
- Capacity to make own decisions and when this is affected and new legislation
- Managing the behaviour of those with depression and anxiety
- Depression and Anxiety Management when working with older people.

This Course is available as an 'in house' commissioned training programme for up to 30 people.

Further details can be obtained from

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