

Promoting Mental Health and Wellbeing in Later Life

Session Programme

Introduction and Housekeeping

Part One – Promoting Wellbeing (2 hours)

What is Mental Health Promotion? Group discussion

Influences on mental health and wellbeing in later life Presentation

Older people's views Video

What needs to be done – reviewing your practice Group discussion

Refreshment Break

What works to promote mental wellbeing in later life Presentation

What works – reviewing your practice Group discussion

Implementing the recommendations for promoting mental health and wellbeing in later life Group discussion

Refreshment Break

Part Two – Improving Services and Support for Older People with Mental Health Problems (1 hour)

Overview of part 2 and why is this important Presentation

Mental health problems and issues for older people Presentation

5 areas for action Presentation

Implementing the recommendations for improving Services and support for older people with mental health problems Group discussion

Questions, evaluation and close