

Collaborative mental health care, older people and sleep disturbance

Continuing Professional Development Learning Record

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Activity Name: Collaborative mental health care, older people and sleep disturbance

Learning outcomes This webinar will help practitioners be better able to:

- develop a raised awareness of the link between mental health and sleep disturbances
- be better able to identify the key principles of the featured panellists' approach in assessing, treating and supporting people experiencing sleep disturbances
- identify the merits, challenges and opportunities in providing collaborative care for people experiencing sleep disturbances.

Time spent engaged in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

