

The webinar will start soon. While you are waiting

Did you know MHPN supports networks where practitioners meet either in-person or online to discuss issues of shared interest?

Networks that focus on Older Persons mental health meet in the following locations:

**SOUTH AUSTRALIA COUNTRY | BRISBANE NORTH |
SUNSHINE COAST | GOULBURN VALLEY/HUME |
PERTH DEMENTIA (Online) | NORTH SYDNEY | CAIRNS**



Use the QR code or visit www.mhpn.org.au/News/June/Older-Persons-Networks to join & be invited to future meetings.

Interested in coordinating or joining a new Older Persons special interest network in **Western Australia, Northern Territory or Tasmania?**

Use the QR code or email j.kho@mhpn.org.au to register your interest.



Age, frailty, loneliness and suicide

1



WEBINAR

Age, frailty, loneliness
and suicide

2

This webinar

Is the result of a unique partnership between the thirty-one Australian Primary Health Networks and the Mental Health Professionals' Network. This is the fifth webinar of second series produced under this partnership exploring older people and mental health.

Through a facilitated panel discussion, this webinar will offer interdisciplinary insights into the complex interrelationship of ageing related health issues as well as the merits, challenges and opportunities in providing collaborative care to older people grappling with age related health issues.

Age, frailty, loneliness and suicide

3

Tonight's panel



Professor Viviana Wuthrich
Director at Centre for Ageing, Cognition and Wellbeing



Sandy Matthews
Director of Nursing



Professor Susan Kurrle
Geriatrician



Facilitator:
Dr Stephen Ginsborg
General Practitioner

Age, frailty, loneliness and suicide

4

Webinar platform

To interact with the webinar platform and to access resources, select the following options:



Information: To access presentation, resources and webcast support click on this icon located in the lower right.



View: To change your view to slide only or video only, click on this icon in the bottom right corner.



Ask a question: To ask the speakers a question, click on the speech bubble icon in the lower right corner.



Change slide and video layout: To change the layout, e.g. make the video larger and the slides smaller, click on this icon in the top right corner.



Chat: To open the audience chat box, click on this icon located in the top right hand side corner.



Survey: To access the survey before the webinar ends click on this icon, which is in the lower right corner.

Age, frailty, loneliness and suicide

5

Learning Outcomes

Through a facilitated panel discussion, about age, frailty, loneliness and suicide, at the completion of the webinar participants will:

- Discuss how frailty, loneliness, sadness, depression and suicide are connected.
- Identify strategies for mitigating the link between physical frailty and mental frailty.
- Evaluate the role the community plays in Older People's physical and mental health.
- Identify the services that can support Older People's social and emotional wellbeing in the community and Residential Aged Care Facilities (RACF's).
- Discuss improved targeting of referrals for older people who may be experiencing frailty, loneliness, sadness, depression or suicidal ideation as a result of improved understanding of the role of different disciplines and community services.

Age, frailty, loneliness and suicide

6

Conversation about age, frailty, loneliness and suicide



Professor Viviana Wuthrich
Director at Centre for Ageing, Cognition and Wellbeing



Sandy Matthews
Director of Nursing



Professor Susan Kurrle
Geriatrician



**Facilitator:
Dr Stephen Ginsborg**
General Practitioner

Age, frailty, loneliness and suicide

7

Recommended resources



For access to resources recommended by the panel, click on the supporting resources tab located at the top right-hand part of your screen.

Age, frailty, loneliness and suicide

8

Local networking

Would you like to continue the 'Older Persons' social and emotional wellbeing discussion with local practitioners? Join a local Older Persons Network:

- NSW - [Sydney North Older Persons Mental Health](#)
- Qld - [Brisbane North Older Persons Network](#)
- Qld - [Sunshine Coast Older Persons Network](#)
- Qld - [Cairns Older Persons Mental Health](#)
- Vic - [Goulburn Valley Hume](#)
- SA - [South Australia Country Older Persons Network](#) (both online and F2F)
- WA - [Perth Dementia Network](#).

We can also support you to start and lead a Older Persons network in your local area. To find out more, contact Jia on 03 7020 1759 or email j.kho@mhpn.org.au.

MHPN has 375 interdisciplinary mental health networks across metropolitan, rural, regional and remote Australia. Visit our online map at www.mhpn.org.au to see what's available.

Age, frailty, loneliness and suicide

9

Thank you for your participation

- Please ensure you complete the feedback survey before you log out.
- Your Statement of Attendance will be emailed within four weeks.
- You will receive an email with a link to online resources associated with this webinar in the next few weeks.

Age, frailty, loneliness and suicide

10

Age, frailty, loneliness and suicide

**THANK YOU FOR
YOUR PARTICIPATION**