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Register your interest to join an Older Persons Network

Join our Sydney North Older Persons Network coordinated by tonight's facilitator, Dr Stephen Ginsborg, by scanning the QR code below.



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Interested in joining or coordinating an Older Persons special interest network? Use the QR code or email e.ussing@mhpn.org.au to register your interest.



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WEBINAR

Non-medical supports and programs
to improve older Australians' mental health

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 third and final webinar of the second series produced under this partnership exploring older people and mental health.

The partnership webinars are a facilitated panel discussion that 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.

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Tonight's panel



Professor Colleen Doyle
Research Psychologist



Dr. Zara Thompson
Music Therapist



Hilary O'Connell
Occupational Therapist



Facilitator:
Dr Stephen Ginsborg
General Practitioner

Webinar platform

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Information: To access presentation information, links for live chat, resources and webcast support click on this icon located in the lower right corner of your screen.



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Learning Outcomes

Through a facilitated panel discussion, about non-medical support programs, at the completion of the webinar participants will:

- Discuss and identify how non-medical supports and programs for older Australians living in Residential Aged Care Facilities (RACFs) and community settings can support mental health and wellbeing.
- Outline the benefits of Art and Music therapies, volunteer activities, and intergenerational programs and initiatives, as options to mitigate the experience of dementia and mood disorders, improve mental health, and limit the progression of chronic disease in older Australians.
- Explore the evidence associated with how non-medical supports and programs can reduce workforce pressure, improve focus on living well, improve mental health and reduce medication use for older Australians.

Conversation about non-medical support



Professor Colleen Doyle
Research Psychologist



Dr. Zara Thompson
Music Therapist



Hilary O'Connell
Occupational Therapist



Facilitator:
Dr Stephen Ginsborg
General Practitioner



 Ask a Question

Ask a question: To ask the speakers a question, click on the three dots and then 'Ask a Question' in the lower right corner of your screen.

Local networking

Would you like to continue the older persons social and emotional wellbeing discussion with practitioners from your local area?

Start or join an MHPN network with this focus:

- To find out more, contact Emma Ussing on 1800 209 031 or email e.ussing@mhpnp.org.au

MHPN has 375 interdisciplinary mental health networks across metropolitan, rural, regional and remote Australia.

Visit our online map at www.mhpnp.org.au to see what's available.

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MHPN 2023 Conference Registrations Open NOW



The banner features a teal background with a white geometric pattern of triangles forming a circle. The text is arranged as follows:

- Top right: **MHPN ONLINE CONFERENCE** in yellow, **2023** in white on a dark blue background.
- Center: **ALL TOGETHER BETTER** in white and yellow.
- Below center: **Collaborative Mental Health Care in a Changing World** in white.
- Bottom center: A yellow calendar icon followed by **28 - 30 MARCH** in white.
- Bottom right: A dark blue button with **REGISTER NOW** in white.
- Bottom left: **mhpn** logo with the tagline **Mental Health Professionals' Network**.

www.mhpnconference.org.au

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Thank you for your participation

- Please ensure you complete the feedback survey before you log out.
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Non-medical supports and programs to
improve older Australians' mental health

**THANK YOU FOR YOUR
PARTICIPATION**