

Promoting mental health and well-being in later life: the Scottish experience

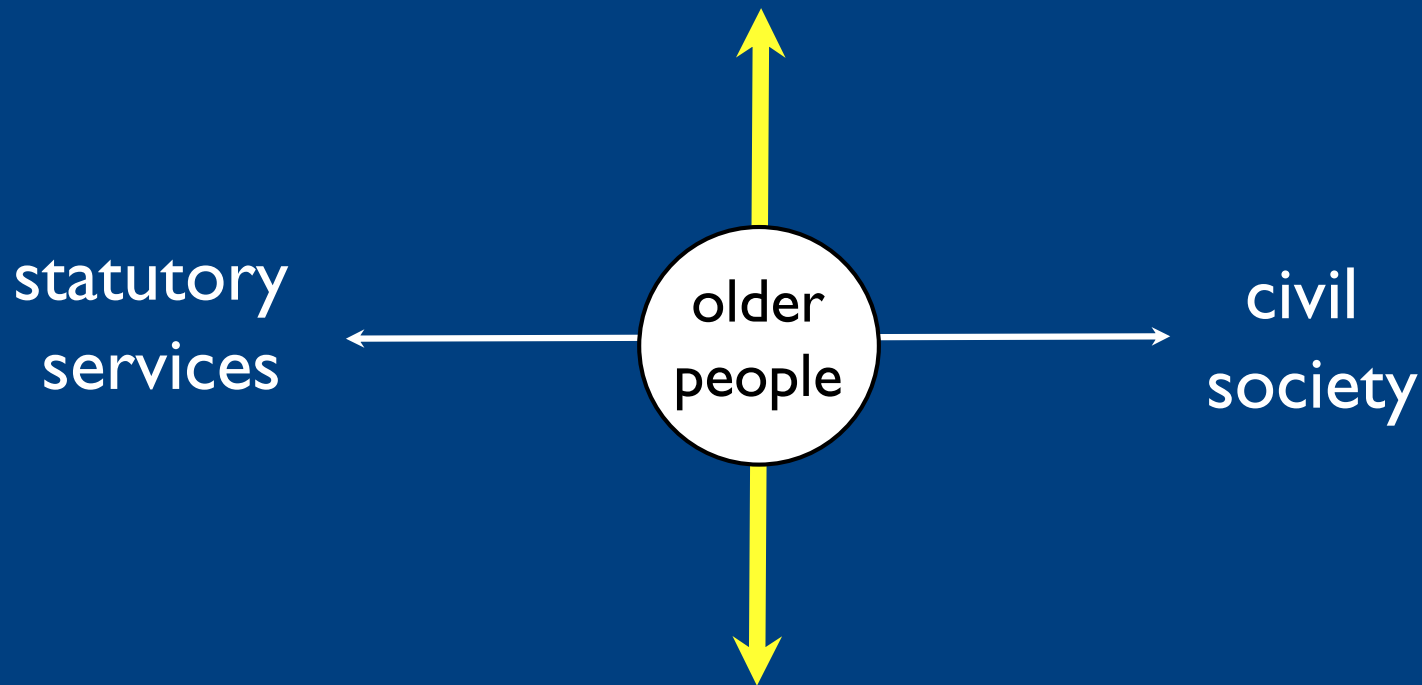
Dr Sandra M Grant OBE
Mental Health Foundation

NHS Health Scotland
Mental health and well-being in later life

Integrated Health Improvement
Development Programme

Partnerships

government agencies



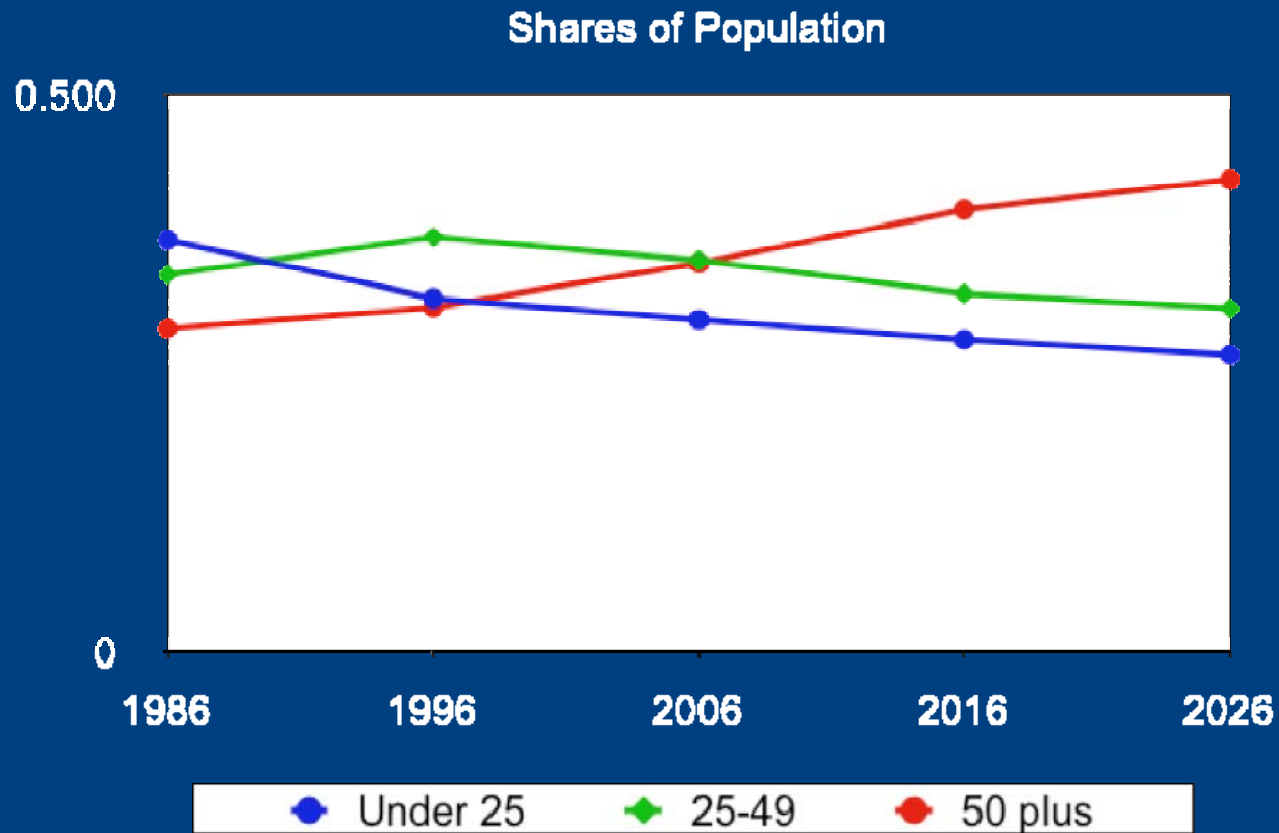
front-line staff

Strategy → Implementation

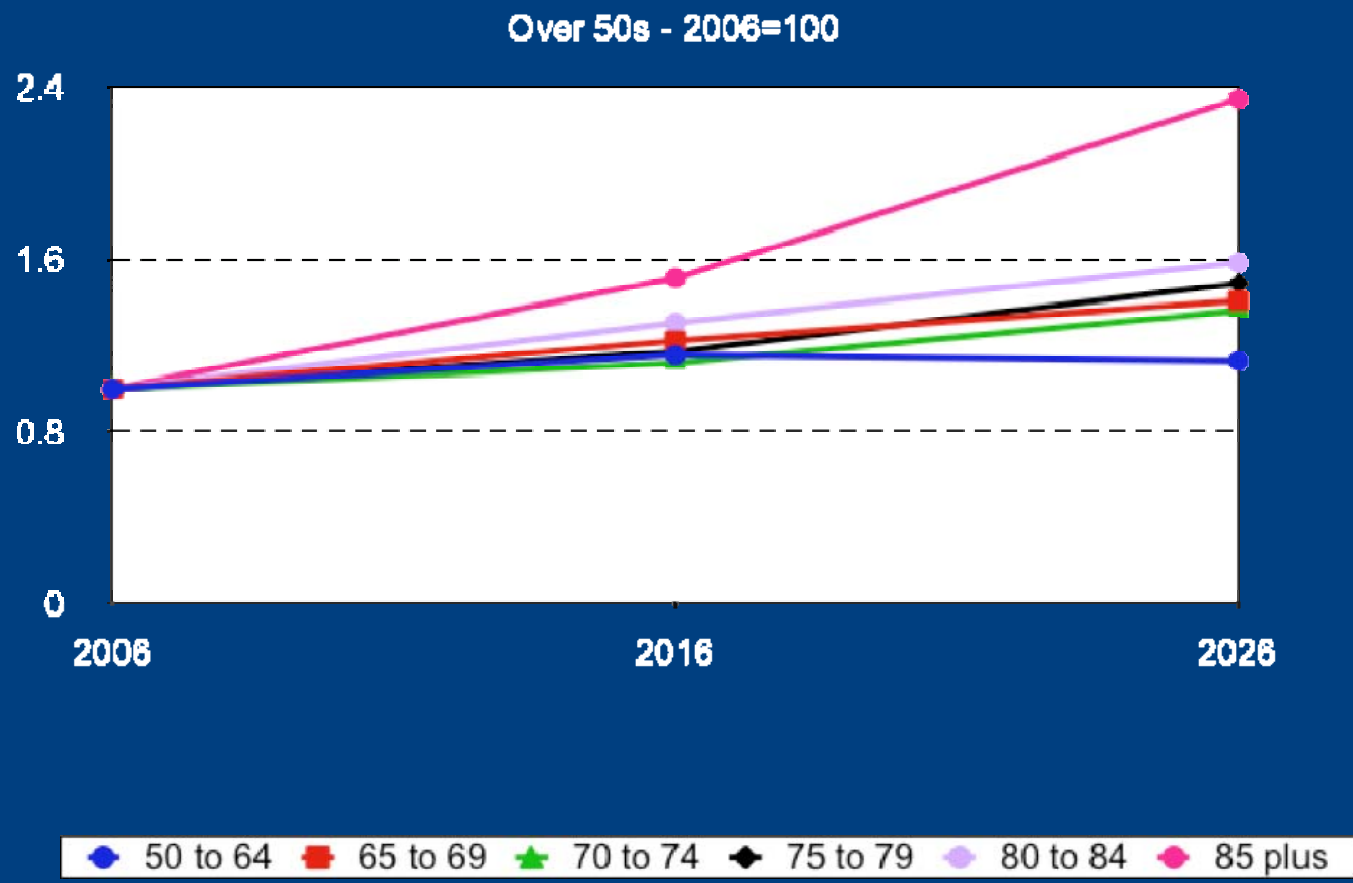
Rhetoric → Reality

Policy → Practice

The demographic shift



By 2020 one in five people in the UK
will be over 50



1 in 7 people over 65 have a 'major' depression

Serious mental illness requiring specialist treatment

Only 1 in 3 visit their GP

Underdiagnosed

1 in 4 have 'mild to moderate' depression or anxiety

Need intervention at primary care level

Every week in Scotland
5 people over 50 kill themselves

It is not inevitable to be depressed
when you are old

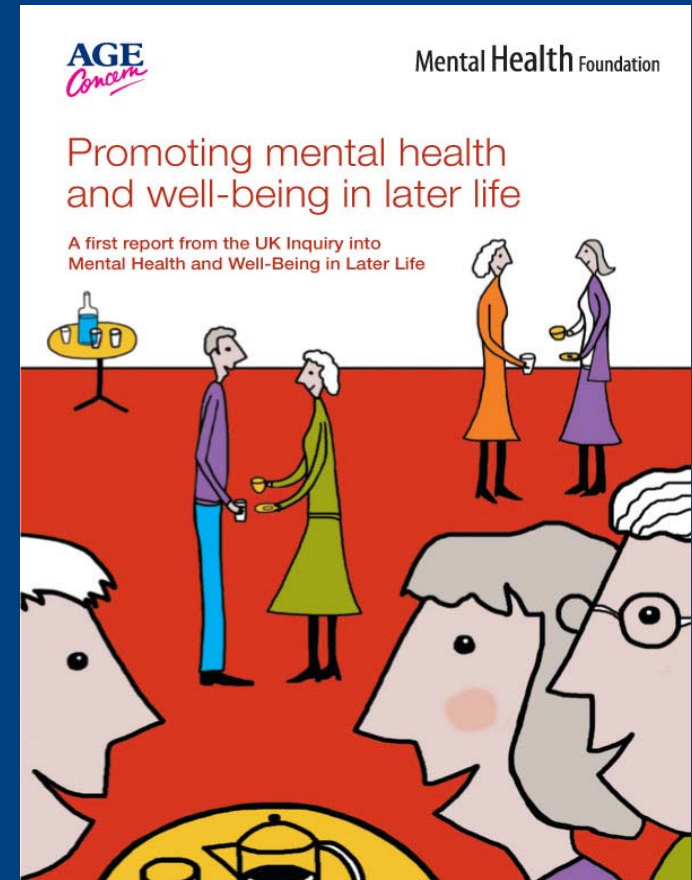
It is a psycho-social problem

The same factors play a part in illness prevention,
health promotion and recovery

Age Concern & Mental Health Foundation Inquiry report

Five important vulnerability factors

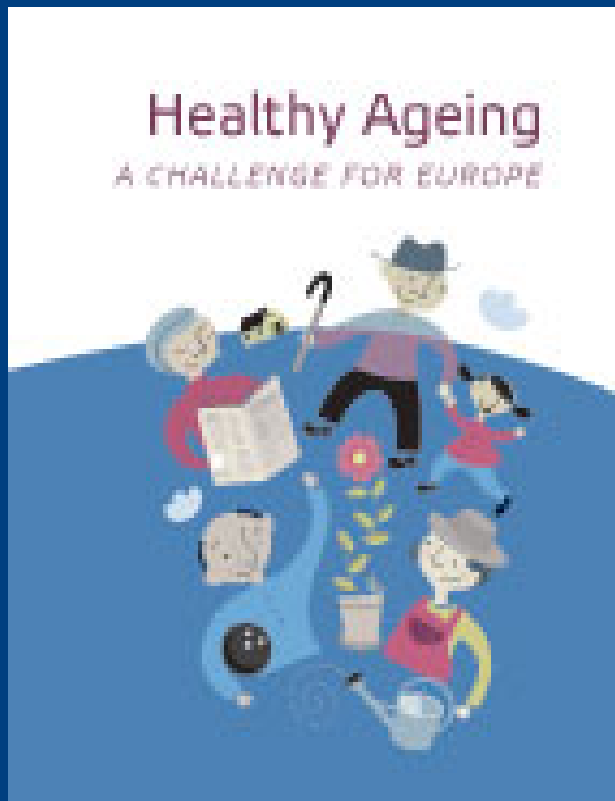
- Discrimination
- Participation in meaningful activity
- Relationships
- Physical health
- Poverty



All our futures: planning for a Scotland with an ageing population



Healthy Ageing - a Challenge for Europe



Three regional 'seminars'

Phase 1 - 14 projects

Phase 2 - 5 projects

About 1000 older people were involved

PHASE I

Involve older people in planning and research

Partnership working

Front-line staff + senior management

Based on local needs

Awarded

- up to £5000
- 3-4 days consultancy support
- Education for Participation modules
- learning network with other projects
- national role

Community events, focus groups, workshops, leaflets, home visits, care home visits, engaging with community supports, local newspapers, strategic planning process, creative arts etc

Discussing all/some of the five Inquiry themes
Recruiting active older people
Empowerment

A Tool-kit for Organising Meetings of Vulnerable Older People: hearing their voice and promoting their participation within policy-making processes

European Commission - Social Inclusion Action Programme

www.age-platform.org

Three examples from Phase I

- the bus stop
- the meeting
- the prison

PHASE 2

£10,000

Target the 'hardly reached'

Poverty of aspiration - 'false consciousness'

“The way of seeing individual advantage is particularly limiting in the presence of entrenched inequalities. In situations of persistent adversity and deprivation, the victims do not go on grieving and grumbling all the time, and may even lack the motivation to desire a radical change of circumstances. Indeed in terms of a strategy for living, it may make a lot more sense to come to terms with an ineradicable adversity, to try to appreciate small breaks, and to resist pining for the impossible or the improbable”

Amartya Sen Inequality Reexamined 1992

Two examples from Phase 2

- alcoholic homeless men over 50
- BME Later Life Forum

Positive learning points

- front-line staff, but senior endorsement vital
- national and local vision and focus
- external support
- community engagement model
- contribution analysis/influencing strategy

Problems/Questions

- stigma about mental health
- engaging men
- sustainability
- Hawthorne effect ?

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