

Objective:

 Learn about Rising Mental Health Needs of Ageing Population

 Identify at least 3 different groups to support older adults' mental health wellbeing

Develop personal guide to start a support group

Older Adults

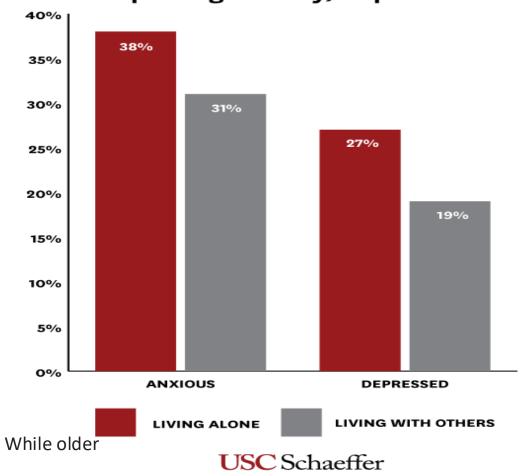
- By 2030, 1 in 6 people in the world will be 60 years of age or older (1.4 billion)
- By 2050, this number will double to encompass 2.1 billion individuals who classify in the Older Adult population.
- It is common for this population to present with comorbidities, particularly with the prevalence of Alzheimer's disease with anxiety, depression, or psychosis.
- This compounded y factors such as physical illness, loss of independence, social isolation, and life transitions
- Loneliness in particular is of significant increasing odds of mortality by 30% among older adults

Older Adults and Mental Health

- **Depression**: Around 7% of older adults in the United States experience depression.
- **Anxiety:** affects about 5% of adults aged 65 and older.
- **Dementia**: Approximately 5-8% of adults aged 65 and older have dementia. Alzheimer's disease is the most common form of dementia, accounting for 60-80% of all cases.
- **Suicide**: The suicide rate is higher among older adults compared to the general population, particularly in men aged 85 and older.

Living Alone Adds to Feelings of Anxiety and Depression

Percent of Americans Over 60 Living Alone or With Others Reporting Anxiety, Depression



Intervention and Support

- Psychotherapy: Individual and support groups
- Medication: Antidepressants and antianxiety medications
- Social Engagement: Programs that promote social engagement and reduce isolation, such as senior centers
- Physical Activity: Exercise is proven to help improve mood and reduce anxiety and depression in older adults.
- Family and Caregiver Support: Providing education and support to family members and caregivers of older adults

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:





Senior Centers

- Senior centers offer a wide range of benefits that cater to the physical, emotional, social, and even financial wellbeing of older adults.
- Socialization & Community Engagement
- Health & Wellness Programs
- Educational Opportunities
- Rides and Transportation
- Hot Meals
- Support Services individual and group couneling and case management

Support Services – **Therapy Support Groups**



Purpose: To provide therapeutic interventions in a group setting. This is usually led by a licensed mental health professional.



Common Issues Addressed:
Anxiety, depression, trauma,
relationship issues, social anxiety,
etc.



Format: Structured and may include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), or other therapeutic techniques.



Example: Connection Group

Support Services- Psychoeducational Groups



Purpose: To provide education and resources on mental health topics, helping participants develop coping skills and knowledge about their condition.



Common Issues Addressed: Anxiety, stress management, depression, coping skills, etc.



Format: Educational sessions with discussions, skill-building exercises, and take-home materials.



Example: Wellness Workshop

Support Services-Skills Training Groups



Purpose: To teach specific coping skills or behavioral techniques for managing mental health issues.



Common Issues Addressed:

Emotional regulation, anger management, social skills, mindfulness, etc.



Format: Structured learning environment with a focus on skill-building.



Example: Trauma Yoga, Crochet club

Support Services-Cultural or Community-Specific Groups

Purpose: To address the unique mental health needs of specific cultural or ethnic communities.

Common Issues Addressed: Cultural identity, discrimination, generational trauma, mental health stigma, etc.

Format: Groups focus on navigating mental health challenges within the context of one's cultural background and community.

Example: Lunar Celebration, Stronger Together.

Support Services- Creative Expression

Purpose: uses creative forms of expression—e.g art, music, writing, dance-to provide a safe space for participants to express themselves in ways that words might not fully capture.

Common Issues Addressed: to help individuals process emotions, cope with stress, and improve their mental well-being.

Format: Groups may engage in **art**, **music**, **writing**, **dance**, or **drama** to express feelings, experiences, and thoughts that may be hard to articulate verbally..

Example: Words of Wisdom, Art classes/oil painting, cookie decorating.

Start Your Own Group

- Assess the Needs of the Senior Center Community
 - Focus group, survey, key informant interviews
- Design the Structure of the Group and Activity
 - Which type of support grp do you want to offer
 - Choose Topics/Activities for Session
- Format:
 - Meeting Frequency
 - Duration
 - Size
- Develop Group Guidelines
 - Confidentiality, Respect, Active Listening, Ground Rules
- Promote the Group
 - Word of Mouth
 - Flyers/Posters
 - Newsletters
 - Social Media

Group Activity

Notice a pattern among the participants over the past few months—many of them seemed more withdrawn, their conversations quieter, their smiles less frequent. The usual lively discussions at the lunch table had given way to quiet, isolated moments. You know that the seniors at your center are experiencing recent changes: losses, health challenges, and adjustments that come with aging.

What kind of support group will you create?



Q&A