Aged persons mental health

risk factors
- environment
- retirement
- changes in family and friends
- physical illness

prevention and promotion
- personal growth and learning are significant

ageism
- negative stereotypical perceptions of age and older people

mental health disorders in older population
- anxiety
- depression
- suicidality
- substance misuse
- delirium
- dementia
- schizophrenia
incidence of these disorders will increase as the population ages

anxiety
- more common than depression

depression
- focus is more on physical symptoms
- grief and depression share many symptoms
- approx 8.5% of people aged 60+ experience depression
- geriatric depression scale

delirium
- acute confusion
risk factors
- pre existing trauma to brain
- infection - UTIs
- pain

dementia
1.1% of population
behavioural symptoms
- restlessness
- agitation
- aggression
- psychosis
- wandering
other symptoms
- memory impairment
- impaired judgement
- impaired higher cortical thinking
- personality change
- mood disorder