

# Nurturing Mental Wellness in Older Adults: Accessing Resources and Supports

# About

The Provincial System Support Program (PSSP) at CAMH presents the [Understanding Mental Health and Well-Being in Later Life initiative](#), which offers evidence-based solutions to meet this need. Discover our accessible resources, which focus on empowering older adults and their families to access support networks in their community. These resources include community-based workshops for older adults hosted across the province, online courses for service providers, multilingual information sheets, webinars with subject matter experts, and more

# Using Webex

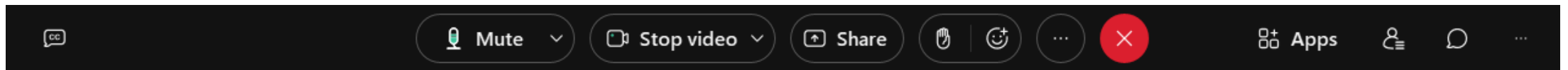
Closed  
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Mute  
and  
unmute  
yourself

Turn your  
camera on  
and off

Raise your hand +  
other reactions

Chat with  
others –  
privately  
or to the  
whole  
group



Leave meeting

# CAMH Land Acknowledgement

CAMH is situated on lands that have been occupied by First Nations for millennia; lands rich in civilizations with knowledge of medicine, architecture, technology, and extensive trade routes throughout the Americas. In 1860, the site of CAMH appeared in the Colonial Records Office of the British Crown as the council grounds of the Mississaugas of the New Credit, as they were known at the time.

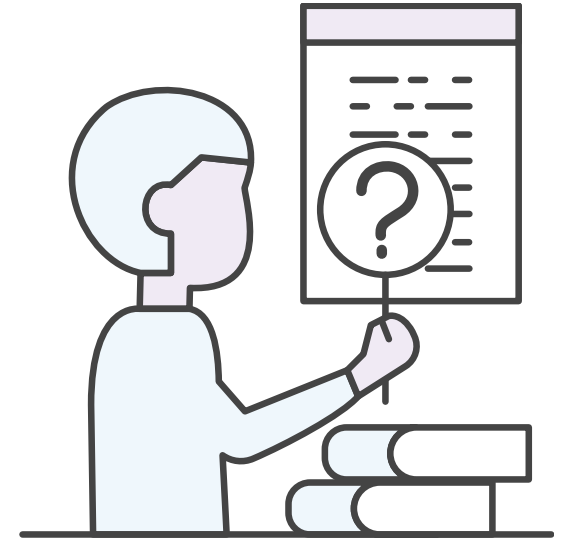
Today, Toronto is covered by the Toronto Purchase, Treaty No. 13 of 1805 with the Mississaugas of the Credit.

Toronto is now home to a vast diversity of First Nations, Inuit and Métis who enrich this city, CAMH is committed to reconciliation. We will honour the land through programs and places that reflect and respect its heritage. We will embrace the healing traditions of the Ancestors, and weave them into our caring practices. We will create new relationships and partnerships with First Nations, Inuit and Métis and share the land and protect it for future generations.

# The PFLS

The RBC Patient and Family Learning Space (PFLS) is an interactive hub for patients, families and the community to access reliable information about mental health, substance use and recovery.

We offer our services virtually and in person, and have resources in print, web and app format. Through the PFLS you can attend interactive workshops and webinars, and discover a variety of community-based services that might help you in your recovery.



**PFLS@camh.ca**

# You Deserve Support



We know that some of the information and stories shared on these web events can remind you of your own experiences and affect your wellbeing. It is normal for conversations like these to affect you even after the event has ended.

We encourage you to lean on the relationships and practices in your life that make you feel supported.

We are at the PFLS are not clinicians but we do have access to resources and can connect you to services if you need extra support.

# Nurturing Mental Wellness in Older Adults: Accessing Resources and Supports

Provincial System Support Program (PSSP)

May 23rd, 2024

camh

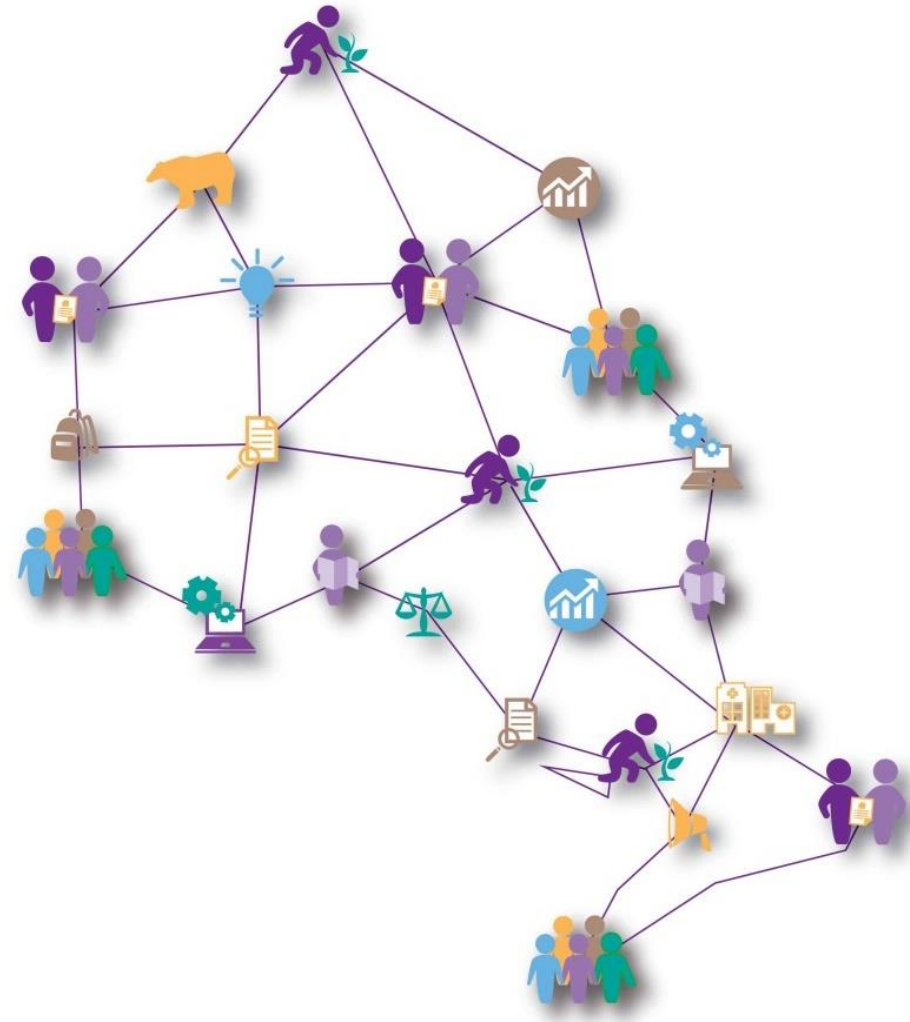


# CAMH's Provincial System Support Program (PSSP)

Our Knowledge Mobilization (KMb) team sits within PSSP at CAMH.

PSSP is on the ground collaborating with partners to build a more evidence-informed system, through our work and expertise in:

- Knowledge mobilization
- health equity
- lived-experience engagement
- implementation
- evaluation







## We connect people with evidence.

Evidence Exchange Network mobilizes knowledge to create a more collaborative and evidence-informed mental health, addictions, and substance use system.

**Evidence  
Exchange  
Network**



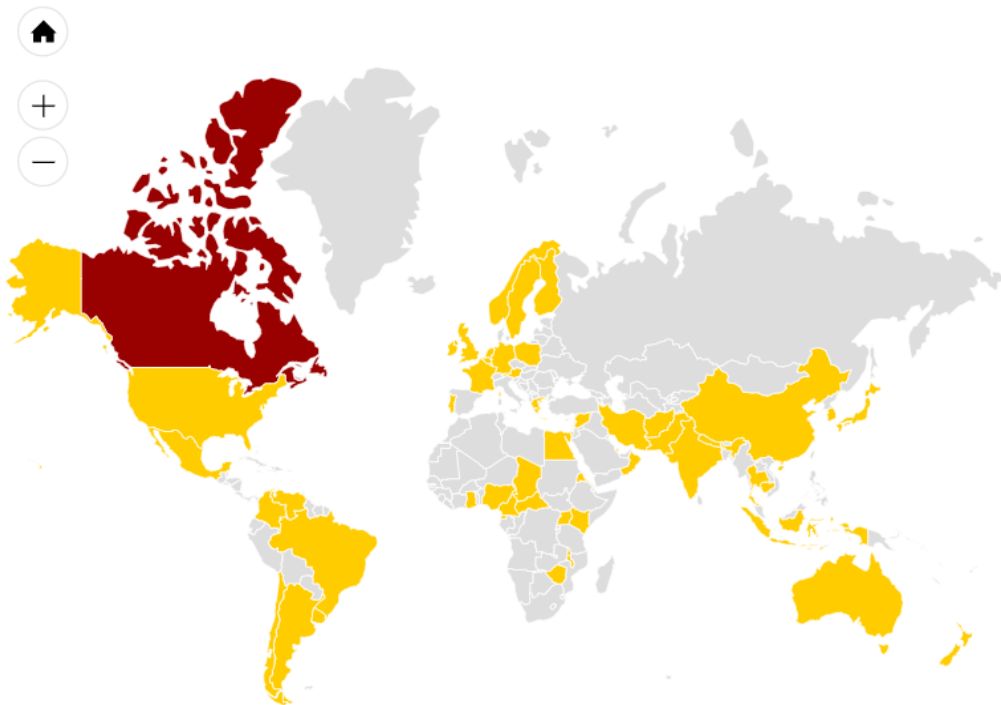
Visit us at [EENet.ca](https://EENet.ca)

# Our Community in Brief

Members (18,785)

ALL (18,785) SEARCH

View As Map ▾



<https://www.eenetconnect.ca>

HOME ABOUT TOPICS SUBGROUPS CALENDARS MEMBERS HELP SURVEYS +

## Eenet Connect

HOME

### Recent Topics



● **Join the Ontario Common Assessment of Need (OCAN) Community of Interest Working Group**

1 day ago · in News & updates · 0 replies



● **EENet Connect is moving to an updated platform on June 13!**

1 day ago · in News & updates · 0 replies



● **Online focus group survey of peer support approaches for bipolar disorder: Participant and facilitator perspectives**

5/7/24 @ 9:53 AM · in Peer Support · 0 replies




● **Mental Health Week 2024 - Save 30%**

5/6/24 @ 2:00 PM · in News & updates · 0 replies



**Using AI Safely - Speaker?**

5/1/24 @ 1:22 PM · in Evidence Exchange Network (EENet) · 2 replies 



● **Our Monthly Schedule**

5/1/24 @ 10:13 AM · in Evidence Exchange Network (EENet) · 0 replies

Post

#### TOO MANY EMAILS?

➤ [Click here to learn how to change Notifications](#)

#### NEW TO EENET CONNECT?

➤ [Click here for the How-To guide!](#)

#### ONLINE

Current Visitors: 27 (1 member, 26 guests)



# The Understanding Mental Health and Well-Being in Later Life Initiative

camh

# The Understanding Mental Health and Well-being in Later Life Initiative



**18%** of the population in Ontario is aged more than 65+ years old



Mobilizes evidence on aging and mental health



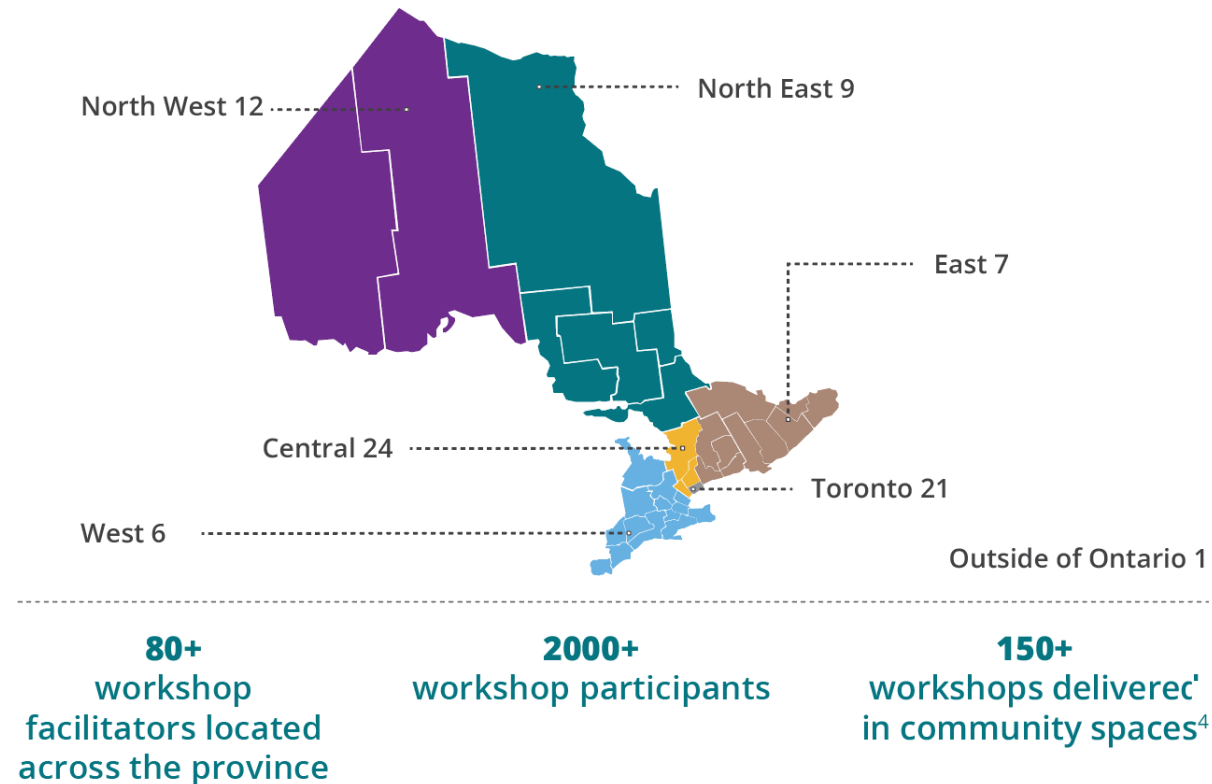
Develop a wide range of resources to respond to the unique needs and strengths of older adults



Advance mental health and vitality for older adults

# The Understanding Mental Health and Well-being in Later Life Initiative

We provide community-based workshops directly to older adults across Ontario.<sup>3</sup>



## What we offer:

- Community-based workshops
- Information resources (digital/print)
- Learning and engagement events
- Online courses



To access our resources, scan the QR code or visit <https://kmb.camh.ca/eenet/initiatives/olderadults>

# Overview of Resources Offered in the Last Year

## Community-based workshops

**628**

Older adults  
participated

**43**

Community-based  
workshops delivered

## Learning and engagement events

**357**

Attendees

Loneliness and Gambling Incentives  
Sleep and Mental Health  
Naturally-Occurring Retirement Communities

## Multilingual Information Resources

**1654**

Downloads of our multilingual resources

## Online courses

**272**

Enrolled in *Aging and Mental Health: A  
Primer on Health Equity, Diversity and Anti-  
Racism*

**244**

Enrolled in *Supporting the Mental Health  
of Older Adults in Care*



To access our resources, scan the QR code or visit  
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# About the *Understanding Mental Health and Well-Being in Later Life* workshop series

- 17 to 30 per cent of older adults in the province have mental health problems.
- The series is designed to increase older adults' (65+) awareness of mental health, mental illness, substance use and problem gambling.
- The community-based workshops are evidence-based and structured for organizations, community centres and other partners working with older adults across Ontario to implement.

# *Understanding Mental Health and Well-Being in Later Life* workshop series

## 12 community-based workshop topics:



1. Overview
2. Depression
3. Bipolar disorder
4. Anxiety disorder
5. Dementia
6. Psychosis
7. Delirium
8. Opioids and other medications
9. Cannabis and alcohol
10. Gambling
11. Positive mental health in later life
12. Understanding your care options

If you have any questions about the workshops or are interested in becoming a facilitator, email **[kmb@camh.ca](mailto:kmb@camh.ca)**



# Multilingual Information Sheets

当它不仅是忧郁时:

## 理解抑郁

什么是抑郁?

- 抑郁是一种医学疾病 (就像糖尿病或心脏病一样), 而不仅是感到悲伤或不快乐。

當它不僅是憂鬱時:

## 理解抑鬱

什麼是抑鬱?

- 抑鬱症是一種醫學疾病 (就像糖尿病或心臟病一樣), 而且它不僅是感到悲傷或不快樂。
- 有時感覺低落是正常的。如果您超過兩個星期在大部分時間裡都感到低落, 可能會會有其他事在發生。<sup>1</sup>

Quando a tristeza não desaparece

## Entender a depressão na pessoa idosa

O que é a depressão?

- A depressão é uma doença (tal como a diabetes ou a doença cardíaca), que é muito mais do que ter sentimentos de tristeza ou infelicidade.
- Por vezes, sentir-se abatido/a é normal. Se, durante mais de duas semanas, se sentir abatido/a a maior parte do tempo, poderá estar a passar-se algo mais.<sup>1</sup>

Como se define a depressão?

**Humor:** sentir-se vazio/a, triste ou irritável.<sup>1</sup>

**Atos:** sentir-se ansioso/a, incapaz de se concentrar ou ter pensamentos suicidas.<sup>3</sup>

**Saúde física:** problemas em dormir, falta de energia ou perda de apetite<sup>1</sup>

Como posso manter-me bem?<sup>2</sup>

- Manter-se ativo/a
- Seguir uma alimentação equilibrada
- Criar uma rotina de sono
- Ter uma perspetiva positiva
- Consultar um profissional de saúde

جب غم دور ليس يوتيه بين:

آخرى عمر میں ڈپریشن  
(اعصابی دباؤ) کو سمجھنا

عندما لا يفارق الاكتئاب:

فهم الاكتئاب في العمر  
المتقدم

ਸੰਖੇਪ ਜਾਣਕਾਰੀ

ਵਡੇਰੀ ਉਮਰ ਵਿੱਚ  
ਹੋਣ ਵਾਲੇ ਤਣਾਅ  
ਨੂੰ ਸਮਝਣਾ

ਬਿਪਰੈਸ਼ਨ ਕੀ ਹੈ?

- ਬਿਪਰੈਸ਼ਨ, ਮੂਰਗ ਸਾਂ ਹਿਲਾ ਰੋਣਾ ਵਾਂਗ ਹੀ ਇੱਕ ਬਿਮਾਰੀ ਹੈ, ਅਤੇ ਇਸ ਦਾ ਘੱਟਾ ਸਿਰਫ ਉਦਾਸੀ ਸਾਂ ਨਾਪਾਕ ਹੋਣ ਨਾਲੋਂ ਕਿਤੇ ਵੱਡਾ ਹੈ।

- ਇਨਸਾਨ ਦਾ ਹੁਣ ਸਮੇਂ ਲਈ ਉਦਾਸ ਬਿਪਰੈਸ਼ਨ ਇੱਕ ਅਸਾਧਾਰਣ ਹੈ। ਪਰ ਸੋਚਣਾ ਇਹ ਉਦਾਸੀ ਦੇ ਹਫ਼ਤਿਆਂ ਤੋਂ ਵੱਧ ਸਮੇਂ ਰਹਿੰਦੀ ਹੈ ਤਾਂ ਇਹ ਬਿਪਰੈਸ਼ਨ ਹੋ ਸਕਦਾ ਹੈ।<sup>1</sup>

ਬਿਪਰੈਸ਼ਨ ਵਿੱਚ ਕੀ ਹੁੰਦਾ ਹੈ?

**ਮਨੋਦਸ਼:** ਖਾਲੀਪਨ ਸਾਂ ਅਸੁਰਖਤ ਮਹਿਸੂਸ ਕਰਨਾ, ਉਦਾਸ ਸਾਂ ਬਿਪਰੈਸ਼ਨ ਹੋਣਾ।

**ਸੋਚਨਾ:** ਖਿਤਰ ਹੋਣਾ, ਕਿਸੇ ਕੰਮ ਵਿੱਚ ਕੀ ਸਿਧਾਨ ਨਾ ਦੇ ਪਾਉਣਾ ਸਾਂ ਖੁਦਕੁਸ਼ੀ ਦੇ ਚਿੰਤਾਵਾਂ ਆਉਣਾ।

**ਸਰੀਰਕ ਸਿਰਫ:** ਨੀਂਦ ਨਾ ਆਉਣਾ ਸਾਂ ਖੁੱਧ ਨਾ ਲੱਗਣਾ।

ਮੈਂ ਕਿਵੇਂ ਸਿਹਤਮੰਦ  
ਰਹਿ ਸਕਦਾ ਹਾਂ?<sup>2</sup>

- ਕਿਰਿਆਸ਼ੀਲ (ਐਕਟਿਵ) ਰਹੋ।
- ਸੰਤੁਲਿਤ ਭੋਜਨ ਖਾਓ।
- ਸੌਣ ਦੀ ਇੱਕ ਭਰੋਸ਼ਾ ਬਣਾਓ।
- ਸਕਾਰਾਤਮਕ ਸੋਚੋ।
- ਦੋਸਤਾਂ ਅਤੇ ਪਰਿਵਾਰ ਨਾਲ ਸਮੇਂ ਬਿਤਾਓ।

Quand on déprime en permanence

## La dépression chez les personnes âgées

Qu'est-ce que la dépression?

- Tout comme le diabète ou une affection cardiaque, la dépression est une maladie bien réelle qui est

ஒரு தொடர்ச்சியான மனவீழ்வு மனம் பாற்றலை:

பிற்கால வாழ்வில்  
மனநலத்தையும்  
நலத்தையும்  
விளங்கிக்கொள்ளல்

When the blues don't go away:

## Understanding depression in later life

What is depression?

- Depression is a medical illness (just like diabetes or heart disease), and it is more than feeling sad or unhappy.

- Feeling down at times is normal. If you're feeling down most of the time for more than two weeks, there may be something else going on.<sup>1</sup>

What does depression look like?

**Mood:** feeling empty, sad or irritable<sup>1</sup>

**Actions:** feeling anxious, unable to concentrate or thoughts of suicide<sup>3</sup>

**Physical health:** issues sleeping, lack of energy or loss of appetite<sup>1</sup>

How can I stay well?<sup>2</sup>

- Be active
- Eat a well-balanced diet
- Create a routine for going to bed
- Focus on the positive
- See a healthcare professional

Khi nỗi buồn không qua đi:

Hiểu trầm cảm trong cuộc sống về già

Quando la tristezza non va via

Comprendere la depressione nella terza età

Cuando es más que un bajón

Entender la depresión en la tercera edad

¿Qué es la depresión?

- La depresión es una enfermedad médica (al igual que la diabetes o las cardiopatías) y es más que sentirse triste o infeliz.

- A veces, se normal sentirse deprimido. Si se siente deprimido la mayor parte del tiempo durante más de dos semanas, es posible que haya algo más.<sup>1</sup>

¿Cómo se manifiesta la depresión?

**Estado de ánimo:** sentirse vacío, triste o irascible.<sup>1</sup>

**Acciones:** estar ansioso, no poder concentrarse o tener pensamientos suicidas.<sup>3</sup>

**Reacciones físicas:** problemas para dormir, falta de energía o pérdida del apetito.<sup>1</sup>

¿Cómo puedo mantenerme en buen estado de salud mental?<sup>2</sup>

- Manténgase activo.
- Lleve una dieta bien balanceada.
- Cree una rutina para irse a la cama.
- Enfóquese en lo positivo.
- Consulte con un profesional de la salud.

Available in 12 languages

- English
- French
- Simplified Chinese
- Traditional Chinese
- Punjabi
- Italian
- Spanish
- Portuguese
- Tamil
- Urdu
- Vietnamese
- Arabic



To access our resources, scan the QR code or visit  
<https://kmb.camh.ca/eenet/initiatives/olderadults>

# Knowledge Mobilization Resources

## Information Resources

- Delusions and hallucinations
- Impact of COVID-19 on senior's mental health
- Understanding trauma in later life
- Substance use challenges
- Intergenerational living
- Mild cognitive impairment
- Strengthening relationships
- Burnout and compassion fatigue when working with older adults

## Webinars

- Loneliness and Gambling Incentives
- Sleep and Mental Health
- Naturally-Occurring Retirement Communities
- Support mental health and well-being of older adults and service providers
- Social prescribing as a pathway to well-being
- Living with dementia in ethnocultural communities



To access our resources, scan the QR code or visit  
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# New resource –

## Supporting Older Adults Who Experience Delusions and Hallucinations

A plain language fact sheet summarizing how you can support older adults who may be experiencing delusions and hallucinations.

- Defining psychosis
- Prevalence among Older Adults
- Warning signs to look out for
- The impact on caregivers
- Ways to help and where to seek additional help

## Supporting Older Adults Who Experience Delusions and Hallucinations

March 2024



It can be scary when a loved one begins showing unexpected signs of mental illness in older age.<sup>1,2</sup> This is especially true when those symptoms are not well understood, as might be the case with delusions and hallucinations.

### What is Psychosis?

Psychosis is a mental disorder that includes symptoms such as:

- **Delusions:** strongly believing in something that isn't true or real<sup>3</sup>
- **Hallucinations:** seeing, hearing, or sensing something that isn't real<sup>3</sup>

People experiencing psychosis are disconnected from reality and have thoughts that become distorted.<sup>3,4</sup> This is a serious mental disorder that requires immediate attention from a mental health professional.<sup>1,2</sup>

Psychosis also includes other symptoms, such as<sup>3,6,7</sup>:

- being paranoid or suspicious without reason
- feeling agitated and disoriented
- disorganized thinking and speech
- sudden and exaggerated changes in mood

The person may experience changes in the way they think, act, and feel. Often, they have no idea that what's happening is unusual or that they should get help.<sup>2,6,8</sup>

### Is Psychosis Common in Older Adults?

Delusions and hallucinations are more common in older adults than in the general population.<sup>4</sup> About 5% of people older than 65 will experience psychosis and this increases to 10% for people over 85. As many as 1 in 4 of us will experience at least some symptoms of psychosis in our older years.<sup>7</sup>

Psychosis in older adults tends to be linked to dementia and Alzheimer's disease. About 40% of people with dementia end up experiencing some form of psychosis.<sup>4,7,9</sup> Delusions typically occur about twice as often as hallucinations.<sup>9</sup>

While dementia is the most powerful predictor of psychosis in older adults, there are other risk factors as well<sup>10</sup>:

- As we age, our brains change, and these chemical changes can help explain the late onset of psychosis in some people.<sup>6,7</sup>
- The risk of psychosis is higher in people who have physical conditions such as thyroid disease, infections, and autoimmune disorders.<sup>1,8,11</sup>
- Social isolation, depression, and stressful life events have also been connected to the psychosis in older age.<sup>6,7,10,12</sup>
- Substance use and starting a new medication can lead to symptoms of psychosis.<sup>2,8,10</sup>
- Women are at higher risk of developing delusions and hallucinations in later life. Men tend to develop these symptoms earlier in life.<sup>7,12</sup>

camh



To access this resource, scan the QR code or visit  
<https://kmb.camh.ca/eenet/resources/supporting-older-adults-who-experience-delusions-and-hallucinations>

## Self-Directed Online Courses



Aging and Mental Health: A Primer on Health Equity, Diversity and Anti-Racism



Supporting the Mental Health of Older Adults in Care

## Question and Answer Time



Please type in your questions/comments/reflections into the chat box for our moderator to share with the panelists.

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# Thank you!

On behalf of the team, thank you for attending today's webinar.

Email [kmb@camh.ca](mailto:kmb@camh.ca)



To access our resources, scan the QR code or visit  
**<https://kmb.camh.ca/eenet/initiatives/olderadults>**