

Supporting Carers of Older People

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

Your details

Your name:

Date completed:

Activity Name: Supporting Carers of Older People

Learning outcomes Watch this facilitated panel discussion to be better equipped to:

- better understand the needs of older carers including but not limited to their mental and physical health needs and any grief, loss and social isolation they may be experiencing
- describe the challenges, merits and opportunities in providing interdisciplinary collaborative care when treating and/or supporting older carers
- better target referrals, as a result of improved understanding of the role of different disciplines, for older carers with mental, physical health and/or psychosocial issues.

Time spent engaged
in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.