MHPN WEBINAR

# Non-Medical Supports and Programs to Improve Older Australians' Mental Health

## 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:** | Non-Medical Supports and Programs to Improve Older Australians' Mental Health |
| **Learning outcomes** | • Discuss and identify how non-medical supports and programs for older Australians living in Residential Aged Care Facilities (RACFs) and community settings can support mental health and wellbeing.<br>• Outline the benefits of Art and Music therapies, volunteer activities, and intergenerational programs and initiatives, as options to mitigate the experience of dementia and mood disorders, improve mental health, and limit the progression of chronic disease in older Australians.<br>• Explore the evidence associated with how non-medical supports and programs can reduce workforce pressure, improve focus on living well, improve mental health and reduce medication use for older Australians. |
| **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.

Mental Health Professionals' Network
ABN 67 131 543 229

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