MHPN WEBINAR

Age, Frailty, Loneliness and Suicide

Continuing Professional Development Learning Record

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Your details

Your name:	
Date completed:	
Activity Name:	Age, Frailty, Loneliness and Suicide
Learning outcomes	• Discuss how frailty, loneliness, sadness, depression and suicide are connected. • Identify strategies for mitigating the link between physical frailty and mental frailty. • Evaluate the role the community plays in Older People's physical and mental health. • Identify the services that can support Older People's social and emotional wellbeing in the community and Residential Aged Care Facilities (RACFs). • Discuss improved targeting of referrals for older people who may be experiencing frailty, loneliness, sadness, depression or suicidal ideation as a result of improved understanding of the role of different disciplines and community services.
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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