

# Age, frailty, loneliness and suicide

## SUPPORTING RESOURCES

### Age, frailty, loneliness and suicide

*\*Please note the resources displayed in this document were accurate at the time of publication\**

#### Journals:

Chan, P., Bhar, S., Davison, T. E., Doyle, C., Knight, B. G., Koder, D., Laidlaw, K., Pachana, N. A., Wells, Y., & Wuthrich, V. M. (2021). Characteristics and effectiveness of cognitive behavioral therapy for older adults living in residential care: a systematic review. *Aging & Mental Health*, 25(2), 187–205.  
<https://doi.org/10.1080/13607863.2019.1686457>

Townsend, B. G., Chen, J, T-H., & Wuthrich, V. M. (2021). Barriers and facilitators to social participation in older adults: A systematic literature review. *Clinical Gerontologist*, 44(4), 359–380.  
<https://doi.org/10.1080/07317115.2020.1863890>

#### Training Courses:

Introduction to delivering mental health services in residential aged care facilities: Where to start? [Webinar recording]. In APS.  
[APS Events: 22203 | APS \(psychology.org.au\)](#)

Reminiscence therapy for older adults. [Webinar recording]. In APS.  
[APS Events: 22238 | APS \(psychology.org.au\)](#)

CBT for late life anxiety and depression. [Webinar recording]. In APS.  
[APS Events: 22241 | APS \(psychology.org.au\)](#)

Helping newly admitted residents adjust to living in a residential facility. [Webinar recording]. In APS.  
[APS Events: 22488 | APS \(psychology.org.au\)](#)

#### Resources to assist with identifying depression and anxiety in older adults:

Centre for ageing, cognition, and wellbeing. [Web resource page]. In Macquarie University Sydney Australia.  
[Resources | Research Centre for Ageing Cognition & Wellbeing \(mq.edu.au\)](#)

#### Book:

The Compassion Project: A case for hope & humankindness from the town that beat loneliness  
Abel, J. and Clarke, L., n.d. *The compassion project*. 1st ed. London: Aster.

#### Video

Trying to Cure Loneliness - BBC Stories  
<https://www.youtube.com/watch?v=9MpFvfE5D3Q>