

# MHPN Webinar: Supporting the Mental Health of Older People Living in the Community



## List of Panel Suggested Supporting Resources

### Books / Journal Articles

Cameron, I. D., Aggar, C., Robinson, A. L. & Kurrle, S. E. 2011. Assessing and helping carers of older people. *BMJ*, 343.

Goodwin, V. & Happell, B. (2007). Consumer and carer participation in mental health care: the carer's perspective: part 2 - barriers to effective and genuine participation. *Issues in Mental Health Nursing*, 28, 625-38.

### Guides / Tipsheets

#### [What works to promote emotional wellbeing in older people: a guide for aged care staff working in community or residential care settings](#)

This booklet has been designed for staff working in community or residential aged care services. It covers a range of interventions that can be used to promote emotional wellbeing or to help people with anxiety or depression.

#### [Connections matter: helping older people stay socially active](#)

#### [Tips for clinicians when screening older people from a culturally and linguistically diverse \(CALD\) background](#)

Includes the lessons learned from the beyondblue study that could be applied to screening for depression and anxiety in a range of older people from culturally and linguistically diverse (CALD) backgrounds.

#### [Screening for depression and anxiety among older Chinese people: a guide for health professionals](#)

Should be read by health professionals wanting to screen for depression and anxiety in older Chinese Australians. The guide provides information on depression and anxiety, as well as cultural considerations, screening, services and resources. It also includes links to access the culturally adapted Chinese Australian versions of the GDS and GAI.

#### [Download the Chinese-Australian Geriatric Anxiety Inventory](#)

You will need register to access the GAI tool under a fee-free license arrangement and then the tool will be sent to you.

#### [Download the Chinese Australian version of the Geriatric Depression Scale](#)