

Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
<b>REPORTS/GUIDANCE/ DOCUMENTS</b> <b>Domain D5: Ageing Well – Promoting &amp; Supporting Holistic Psychological Health &amp; Wellbeing with Older People</b>			
<a href="https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/health--wellbeing/rb_oct16_hidden_in_plain_sight_older_people_mental_health.pdf">https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/health--wellbeing/rb_oct16_hidden_in_plain_sight_older_people_mental_health.pdf</a>	Age UK Report: Hidden in plain sight: The unmet mental health needs of older people	Report	ALL
<a href="http://www.bgs.org.uk/resources/silver-book-ii-geriatric-syndromes">www.bgs.org.uk/resources/silver-book-ii-geriatric-syndromes</a>	British Geriatric Society Guidance: Managing Older People with Mental Health Presentations in Urgent Care	Guidance	HCP- Acute Care
<a href="https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-psychological-support">https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-psychological-support</a>	This resource looks at the emotional and psychological needs that may be present as an older person approaches the end of life	Clinical Guideline	H&S care staff
<a href="http://www.england.nhs.uk/mental-health/adults/older-people">www.england.nhs.uk/mental-health/adults/older-people</a>	NHS General Guidance: Older people and mental health	Guidance	ALL
<a href="#">practice-primer.pdf (england.nhs.uk)</a>	NHS Primary Care Guidance: Older people and mental health. Concentrates on mental health in older people and improving the identification and management of older people's mental health conditions in primary care is a priority. Demonstrates that the majority of mental health conditions are highly treatable, whether through medical or nonmedical approaches, including talking therapies and social prescribing.	Guidance	HCP

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<a href="https://publishing.service.gov.uk">Prevention is better than cure (publishing.service.gov.uk)</a>	Department of Health & Social Care: This document sets out a vision for putting prevention at the heart of our nation's health. Our mission is to improve healthy life expectancy so that, by 2035, we are enjoying at least five extra years of healthy, independent life, whilst closing the gap between the richest and poorest.	Report	ALL
<a href="https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf">https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf</a>	Age UK: A practical guide to healthy ageing The advice in this booklet will help improve the health and general fitness of people of any age, but it is written to be particularly relevant for people who are about 70 years or older.	Guidance	ALL
<a href="http://www.nice.org.uk/about/nice-communities/social-care/quick-guides/promoting-positive-mental-wellbeing-for-older-people">www.nice.org.uk/about/nice-communities/social-care/quick-guides/promoting-positive-mental-wellbeing-for-older-people</a>	National Institute for Clinical Excellence (NICE) Guidance: Promoting positive mental well-being for older people	Guidance	ALL
<a href="https://www.nice.org.uk/guidance/ng16">https://www.nice.org.uk/guidance/ng16</a>	NICE guidance: Dementia, disability, and frailty in later life – mid-life approaches to delay or prevent onset This guideline covers mid-life approaches to delay or prevent the onset of dementia, disability, and frailty in later life. The guideline aims to increase the amount of time that people can be independent, healthy, and active in later life	Guidance	Health & Social Care Professionals
<a href="https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/position-statements/ps02_20.pdf?sfvrsn=65bb8710_2">https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/position-statements/ps02_20.pdf?sfvrsn=65bb8710_2</a>	Explores the ways that old age psychiatrists and mental health practitioners are working to help older people with frailty and mental health problems, addressing both their mental health problems and their frailty. It demonstrates the enablers and challenges of working in this area and articulate what	Report	HSCP

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	success looks like in managing frail older people with mental health problems.		
<a href="https://www.who.int/initiatives/decade-of-healthy-ageing">https://www.who.int/initiatives/decade-of-healthy-ageing</a>	WHO guidance: decade of healthy ageing. The United Nations Decade of Healthy Ageing (2021-2030) is a global collaboration, aligned with the last ten years of the Sustainable Development Goals, that brings together governments, civil society, international agencies, professionals, academia, the media, and the private sector to improve the lives of older people, their families, and the communities in which they live	Guidance	ALL

#### ONLINE LEARNING & DEVELOPMENT RESOURCES

<a href="https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/mental-wellbeing/mental-health-and-physical-health-are-interlinked/">https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/mental-wellbeing/mental-health-and-physical-health-are-interlinked/</a>	Age UK: Mental health and physical health are interlinked. Online resources for older people, family, friends, and others	Online resource	ALL
<a href="https://portal.e-lfh.org.uk/Component/Details/512444">https://portal.e-lfh.org.uk/Component/Details/512444</a>	Assessing mental capacity in older people	E-Learning	ALL
<a href="https://portal.e-lfh.org.uk/Component/Details/609889">https://portal.e-lfh.org.uk/Component/Details/609889</a>	Mental health and Parkinson's Disease: Session provides an overview of these symptoms and their treatment	E-Learning	ALL
<a href="#">Later life.pdf (mentalhealth.org.uk)</a>	Mental Health Foundation Report: Mental Health in Later Life. Free guide for older people	Online resource	HCP

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<a href="https://www.mindedforfamilies.org.uk/older-people">https://www.mindedforfamilies.org.uk/older-people</a>	Minded online learning resources for older people, families, and professionals: older people and mental health concerns	E-Learning	ALL
<a href="#">Ageing well programme - NIHR School for Public Health ResearchNIHR SPHR</a>	Information on the School for Public Health Ageing Well Programme	e-learning	Health & Social Care Professionals
<a href="http://www.rcgp.org.uk/clinical-and-research/resources/toolkits/mental-health-toolkit.aspx">www.rcgp.org.uk/clinical-and-research/resources/toolkits/mental-health-toolkit.aspx</a>	Royal College of General Practitioners online resources: Mental Health Toolkit	Online resource	ALL
<a href="https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video">https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video</a>	Social Care Institute for Excellence: This short film focuses on services designed to improve or maintain older people's wellbeing	On-line resource	Health & Social Care Staff
<b>RESEARCH ARTICLES</b>			
<a href="#">Publications   Centre for Ageing Better (ageing-better.org.uk)</a>	A range of publications to support Ageing Well	Articles	Health & Social Care Staff