

Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
REPORTS/GUIDANCE/ DOCUMENTS Domain D4: Ageing Well – Promoting & Supporting Holistic Psychological Health & Wellbeing with Older People			
https://www.ageuk.org.uk/globalassets/ageuk/documents/reports-and-publications/reports-andbriefings/health--wellbeing/rb_oct16_hidden_in_plain_sight_older_people_mental_health.pdf	Age UK Report: Hidden in plain sight: The unmet mental health needs of older people	Report	ALL
www.bgs.org.uk/resources/silver-book-ii-geriatricsyndromes	British Geriatric Society Guidance: Managing Older People with Mental Health Presentations in Urgent Care	Guidance	HCP- Acute Care
https://www.bgs.org.uk/resources/end-of-life-care-infrailty-psychological-support	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
www.england.nhs.uk/mental-health/adults/olderpeople	NHS General Guidance: Older people and mental health	Guidance	ALL

practice-primer.pdf (england.nhs.uk)	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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Prevention is better than cure (publishing.service.gov.uk)	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
https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthyageing.pdf	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
www.nice.org.uk/about/nice-communities/socialcare/quick-guides/promoting-positive-mental-wellbeingfor-older-people	National Institute for Clinical Excellence (NICE) Guidance: Promoting positive mental well-being for older people	Guidance	ALL

https://www.nice.org.uk/guidance/ng16	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
https://www.rcpsych.ac.uk/docs/defaultsource/improving-care/better-mh-policy/positionstatements/ps02_20.pdf?sfvrsn=65bb8710_2	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 success looks like in managing frail older people with mental health problems.	Report	HSCP

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https://www.who.int/initiatives/decade-of-healthyageing	WHO guidance: decade of healthy ageing. The United Nations Decade of Healthy Ageing (20212030) 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

https://www.ageuk.org.uk/information-advice/healthwellbeing/mind-body/mental-wellbeing/mental-healthand-physical-health-are-interlinked/	Age UK: Mental health and physical health are interlinked. Online resources for older people, family, friends, and others	Online resource	ALL
https://portal.e-lfh.org.uk/Component/Details/512444	Assessing mental capacity in older people	E-Learning	ALL
https://portal.e-lfh.org.uk/Component/Details/609889	Mental health and Parkinson's Disease: Session provides an overview of these symptoms and their treatment	E-Learning	ALL
Episode 3.06 Identity & Ageing – The Hearing Aid Podcasts	This podcast discussed the role identity plays in ageing. This includes understanding the development of and changes to a person's identity through the ageing process, considering theories of ageing, understanding how ageing impacts on identity , and how older people may view the ageing process and the impact on their identity	Podcast	ALL
Physical health and mental health Mental Health Foundation	Mental Health Foundation online resources explaining how mental health can affect physical health and what people can do to help themselves	Online Resources	ALL
https://www.mindedforfamilies.org.uk/older-people	Minded online learning resources for older people, families, and professionals: older people and mental health concerns	E-Learning	ALL
Ageing well programme - NIHR School for Public Health ResearchNIHR SPHR	Information on the School for Public Health Ageing Well Programme	e-learning	Health & Social Care Professionals

www.rcgp.org.uk/clinical-and-research/resources/toolkits/mental-health-toolkit.aspx	Royal College of General Practitioners online resources: Mental Health Toolkit	Online resource	ALL
https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video	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
RESEARCH ARTICLES			
Publications Centre for Ageing Better (ageingbetter.org.uk)	A range of publications to support Ageing Well	Articles	Health & Social Care Staff
Supporting the physical health of people with severe mental illness	National Institute of Health and Care Research (NIHR) – Highlights evidence based themes and interventions which aim at supporting the physical health of people with severe mental illness	Research Summaries	ALL