



Conversations about older people's mental health and wellbeing

In Scotland, as in most other places:

- **Older people are more likely to have mental health problems** and have poor mental health and wellbeing than younger people.
- But they are **less likely to get access to effective treatment and care**, and are less likely to have social supports.
- There are **examples of good care and support**, and the people who use these are positive about the impacts for them.
- In many places, **the services that are responsible for older people's mental health feel they have more demands on them and fewer resources to offer** than other services do – such as those looking after younger adults with mental health problems or people with dementia.
- There are additional challenges, such as **people being reluctant to ask for help**, and people in touch with older people **not recognising or responding to their mental health needs**.

We are encouraging people to have a conversation about this with others in your area.

- What is the experience of older people in this area?
- What supports are available, and what is working well?
- Where are the gaps?
- What could help people in your area fill some of those gaps?

We plan to have conversations in many parts of Scotland. There will be ways for people to share their ideas and questions with people in other places. In Spring 2017 people will be coming together to share what they are doing and plan the next steps.

To find out more: contact Ciara Maguire at Outside the Box: 0141 419 0451
ciaramaguire@btconnect.com

This project is being co-ordinated by Outside the Box and is funded by the Scottish Government through the Equalities Fund.