



Creating Conversations

About older people's mental health and wellbeing



Starter Questions

Awareness and experience around mental health and wellbeing

What does good mental health and wellbeing mean to you?

What helps people have good mental health and wellbeing as we get older?

What are the experiences of people living in this area?

Access to support and care

What would it look and feel like if older people had the right support for their mental health and wellbeing?

What are the good sources of support in this area? What is working well?

What would you like to see change?

What happens when people look for help from the doctor, or for other support for their mental wellbeing, or if they have mental health problems? Is it easy to find good care and support?

What helps people get good care and support?

What are the barriers to people getting good care and support?

How the future could look

What would make life better for people when they do need some help or support?

Are there steps that people could take now? For example:

- Organisations or teams working together more?
- Training for groups and services in touch with older people?
- Changing public attitudes?
- More or different supports or services available here?

What can you contribute?

Are there other changes you would like to see?