

***beyondblue* Projects and Research Targeting Older People**

1. Community awareness projects and partnership projects

***beyond maturityblues* – Council on the Ageing (COTA) national project**

beyond maturityblues is a peer education program to address depression in older people. Implemented by *beyondblue* and Council of the Aging (COTA), the program trains volunteers over the age of 60 to deliver awareness sessions on depression to older people. After an initial pilot in 2006, *beyondblue* funded the expansion of the program to all states and territories in a partnership with all COTAs, under the management of COTA Seniors Voice (formerly known as COTA SA).

During 2008, *beyondblue* and COTA conducted a scoping study to identify groups who, for various reasons, had not yet accessed or participated in the *beyond maturityblues* project. The groups identified included men, people with chronic illnesses, veterans, people in rural and remote areas, Indigenous Australians and culturally and linguistically diverse Australians. The report recommended enhancements to the program specifically targeting the needs of these groups.

In 2008 and 2009 the *beyondblue* Board supported additional funding for the *beyond maturityblues* program, extending the program to June 2010 and funding enhancements to the program targeting the needs of the above groups. Educational sessions for these target groups commenced in April 2009. Significant work has also been undertaken in developing the program in four languages: Italian, Greek, Chinese and Vietnamese. These languages were selected as they are the most commonly spoken languages among over 65 year olds. Roll-out of programs in all four languages is nearing completion.

Over 47,000 people across Australia, including rural areas, have attended a *beyond maturityblues* session.

Evaluation of beyond maturityblues program

Evaluations completed by participants in the program have shown that sessions are well-received, and importantly, that they improve participants' understanding that depression is not a normal part of ageing. Participants also report an increase in knowledge of the signs and symptoms of depression and how to seek help.

Indigenous program development

In conjunction with a South Australian-based Indigenous organisation (Nunakuwarrin Yunti), and with *beyondblue* support, COTA is currently developing an Indigenous *beyond maturityblues* program. The program will initially be implemented in South Australia, with completion due March 2011.

***beyondblue* Bowls Community Partnerships**

A range of depression awareness-raising initiatives is being undertaken with Bowls organisations. They emerged from a successful program with the Wangaratta Bowling Club, which commenced in 2008, and are now located nationwide and reaching older people across Australia.



Wangaratta Bowling Club

Wangaratta Bowling Club and *beyondblue* teamed in 2008 for a community event that encouraged people of all ages, especially isolated people and people with a disability, to participate in bowls. *beyondblue* information and key messages formed a central part of this initiative. The Launch took place at the Wangaratta Bowling Club on 1 August 2008 with the *beyondblue* Cup event taking place on 4 October 2008. A second *beyondblue* Cup occurred in Wangaratta in 2009, with events held in August and October.

Bowls Victoria

Following the success of the Wangaratta Cup event in 2008, *beyondblue* began discussions with Bowls Victoria (formerly comprising Royal Victorian Bowls Association and Victorian Ladies' Bowling Association) towards a state-based *beyondblue*/bowls partnership program. Both organisations were supportive of the concept and formal partnerships were established in August 2009. The program incorporates awareness raising activities, information distribution, training, events and promotional activity with over 500 Victorian bowls clubs in Victoria.

Bowls Australia

Bowls Australia, the national bowls organisation, has also supported the *beyondblue*/bowls partnership and a partnership between *beyondblue* and Bowls Australia was launched in April 2010. The aim of the partnership with Bowls Australia is to assist in providing national leadership for *beyondblue* Bowls programs and assist in encouraging other States and Territories to join in the awareness raising activities.

New South Wales and Western Australia

Partnerships were formed in 2010 with Bowls organisations in New South Wales and Western Australia. Launches took place in May, and awareness-raising events and other activities are scheduled for late 2010. *beyondblue* looks forward to other States and Territories coming on board over time.

Alzheimer's Australia (South Australia) and (Victoria) projects – Depression and Dementia Awareness Training

A pilot program between *beyondblue* and Alzheimer's Australia South Australia (2006 – 2007) aimed to increase community understanding of the co-existence of depression and dementia by:

- improving the aged care workforce's understanding of the co-existence of depression and dementia in older people
- providing education to consumers and carers
- promoting early intervention.

The workforce training evaluation showed:

- 88 per cent of participants had a greater understanding of the causes of depression in older people
- 88 per cent of participants had a greater understanding of the indicators of depression in older people
- 73 per cent of participants had a greater understanding of the impact depression had on carers.

Further progress has been achieved by introducing the grassroots activity CALM CLUB, a small self-governing social club encouraging participants to engage in community based activities. Findings from this program show that being part of the club has a positive effect on participants' experiences of depression. The data cautiously suggests that the intervention was beneficial in minimising the risk of depressive symptoms in both people with dementia and their carers.



Based on the outcomes of the Alzheimer's Australia South Australia pilot project, *beyondblue* is currently partnering with Alzheimer's Australia Victoria (2009 – 2012) to develop and deliver educational workshops on dementia and depression across Australia. This includes:

- **Workshops for professional health care workers.** These workshops, currently being delivered in Victoria, will raise the awareness and skill level of professional health care workers who are caring for people with dementia who may also have symptoms of depression. *beyondblue* is funding a revision of the workshop with Alzheimer's Australia extending the delivery to all states and territories.
- **Workshops for family and carers of people with dementia.** The objective of these workshops is to increase family and carer understanding of depression and dementia, knowledge of signs and symptoms, and the confidence to refer people to professional help. *beyondblue* is funding the development of this workshop and Alzheimer's Australia will deliver the workshop in all states and territories.

Alzheimer's Australia will utilise its training infrastructure to deliver 31 professional health care worker workshops and 31 family and carer workshops across all states and territories each year throughout the course of the project.

Over B.... Eighty! Project

This project was conducted during 2009 and 2010 with the aim of gathering insights from older people about how they stay physically and/or mentally healthy over the age of 80. Those who contributed gave permission to share their stories with others in the community via *beyondblue*'s website and other publications (see below). The stories have also informed *beyondblue*'s community education, research agenda and blueVoices (*beyondblue* consumer and carer reference group) members.

A booklet was developed as a result of the project – *Older People and Depression* – and contains information on depression, as well as interviews with a range of people describing how they stay mentally and physically healthy. The booklet was published to coincide with Seniors weeks in 2009 with a further publication available for Seniors weeks in 2010, *Over B.... Eighty! Our Stories*.

Seniors' Weeks

beyondblue supports Seniors' Weeks and events around Australia in a variety of ways, including:

- Sponsorship of Seniors' festivals in 2009-2010 - ensuring broad promotion of *beyondblue*'s key messages throughout the events
- Provision of bulk information materials for dissemination at Seniors Weeks, expos and other events all around Australia (in 2009-2010 over 106,000 information items were disseminated at Seniors' weeks and festivals).
- Production of information materials targeted specifically towards older people, as occurred in 2009-2010 with the *Older People and Depression* booklet.
- Media releases with local newspapers, highlighting the key message that 'depression is not a normal part of ageing'.
- Information stands staffed by *beyondblue* employees and volunteers.
- One-off seminars and information sessions conducted by *beyondblue* staff or Council on the Ageing staff and volunteers.

National Ageing Research Institute (NARI) – Depression in older age: a scoping study

beyondblue engaged NARI to compile and analyse research undertaken in Australia on the knowledge, diagnosis and treatment of depression and anxiety in older people. The aim of the study was to help identify gaps in our current knowledge about depression and anxiety in older people and to help inform *beyondblue*'s priorities for further research into older age depression. As part of the study NARI undertook a literature review, a survey of researchers, and drew on the views of consumers and carers via *beyondblue*'s blueVoices reference group.

The study was undertaken from July-September 2009 and a comprehensive report has been received and is available on *beyondblue*'s website. The report provided a range of recommendations, including:

- undertaking scoping and development work regarding the best screening tools to use to detect depression and anxiety in older people, including in Indigenous older people and people of different cultural and language backgrounds
- development of treatment guidelines to assist in the assessment and treatment of depression and anxiety in older people
- provision of professional development and support for General Practitioners and other health professionals in detecting and treating depression and anxiety in older people
- supporting further research into a range of identified 'gap' areas, including:
 - depression and anxiety among people with special needs, including older Indigenous people, people in rural areas, and people from CALD backgrounds
 - the role of primary health care in detecting and managing depression in older people
 - late life anxiety
 - the efficacy of psychological approaches to treatment of late-life anxiety and depression
- the need for a national awareness campaign to improve mental health literacy amongst older people.

beyondblue is working on a number of the recommendations and supports a range of these activities.

2. Educational strategies and depression awareness training for those who work with older people

Education Kit - Andrology Australia

With *beyondblue* support, Andrology Australia developed a men's health education kit, targeted to men under 40 and men over 40. The kit has a holistic approach and was developed in partnership with *beyondblue*, Mensline, CBUS Superannuation, Bendigo Community Health Services and a GP with a specific interest in men's health. The kit includes *beyondblue* information on men and depression and anxiety.

Since its launch in December 2007, Andrology Australia has distributed over 1,000 kits to community health and health promotion organisations.

Australian Rural Health Education Foundation

A DVD titled *Another Shade of Blue: Depression in Older Australians* was developed in collaboration with the Rural Health Education Foundation. The DVD enables viewers to:

- better recognise, assess, treat and manage depression in older Australians
- undertake informed prevention and early intervention strategies with older people
- understand and reduce stigma associated with older people and depression
- understand issues relating to older Indigenous and culturally and linguistically diverse Australians who are at risk of or experiencing depression.

National Ageing Research Institute (NARI) – Scoping study of health workforce professional development in older age depression and anxiety

In 2010 *beyondblue* engaged NARI to perform a scoping study of health workforce professional development in older age depression and anxiety. The aim of the study is to:

- determine the extent and adequacy of older age mental health training received by Australian GPs and other health professionals working in aged care;
- determine the professional development needs of Australian GPs and other health professionals with regard to detection and treatment of older age depression and anxiety;
- review existing tools and guidelines for screening, assessment and treatment of depression and anxiety in older people;
- identify and review Government incentives and initiatives for older age mental health training including Indigenous health.

The study is due for completion in November 2010 and will help inform *beyondblue*'s future's work aimed at better supporting health professionals working in aged care.

National Stroke Foundation Partnership: Counsellor Education Program

beyondblue and the National Stroke Foundation have developed a pilot counsellor education program on stroke and depression. The program was delivered to stroke counsellors employed by Relationships Australia in New South Wales and Tasmania in 2009. The program is being evaluated in 2010.



A GP intervention to assist the primary care and management of depression for carers of people with dementia.

Conducted by Professor Dimity Pond, University of Newcastle, this project complements and enhances a project funded by the NHMRC that focuses on GP diagnosis and management of dementia. This project on depression in carers will trial an intervention aimed at relieving caregiver burden and distress. It will involve GP education in carers' issues, an audit of GPs' provision of care to carers, and will extend and strengthen the examination of carer outcomes under the NHRMC study by asking carers to keep diaries of care needs and services accessed, and conducting qualitative interviews with carers.

The project commenced in March 2007 and is due for completion September 2010.

***beyondblue* depression-training program for aged care staff (Deakin University)**

Between 2004-2009 *beyondblue* funded researchers at Deakin University to develop and evaluate a depression training program for aged care staff. The aim of this project was to demonstrate the efficacy of the '*beyondblue* depression training program for aged care staff', through a randomised controlled study across community and residential aged care services.

Deakin University is currently modifying the training program to enable its availability more broadly to professional carers working in aged care.

Maturity Blueprint – a training program for professional staff of Baptcare Community Aged Care

This program was conducted in partnership with Baptcare community Care and completed in 2006. The aim was to develop and pilot training, including a train-the-trainer program that equipped Baptcare professional staff assisting with the provision of Community Aged Care to identify clients at risk of depression in the community and to refer those people to appropriate care.

The project illustrated the effectiveness of providing depression awareness training specifically designed for those working with older people. It also showed that direct training to staff in the front line of assessment and care can enhance the recognition of depression and improve the interventions for older people with depression who are living at home under Aged Care Packages Services.



3. Research

Research into depression and related disorders in older people

beyondblue has supported a significant number of research projects including those that target education strategies and depression awareness training for those who work with older people. All completed research reports are available on the *beyondblue* website www.beyondblue.org.au.

<i>Project Title</i>	<i>Principal Investigator</i>	<i>Organisation</i>	<i>Funding</i>	<i>Project Status</i>
<i>Beyond Ageing</i>	Dr Janine Walker Prof Helen Christensen	Australian National University	\$1,605,000	Commenced 2004 Completed 2009
<i>45 and Up Study</i>	Various	Sax Institute	\$850,000	Commenced 2006 To be completed 2014
<i>Specialist mental health consultation in the treatment of depression in nursing home residents with dementia</i>	Prof Daniel O'Connor	Monash University	\$200,000	Commenced 2006 Completed 2009
<i>Recognising and screening for depression among older people living in residential care</i>	Dr Marilyn Liddell Prof Marita McCabe	Department of General Practice, Monash Uni, Deakin Uni	\$150,000	Commenced 2003 Completed 2005
<i>Depression and dementia awareness training</i>	Sue Jarrad (project manager)	Alzheimer's Australia South Australia	\$132,000	Commenced 2006 Completed 2007
<i>A GP intervention to assist the primary carer for people with dementia: A longitudinal study</i>	Prof Dimity Pond	University of Newcastle	\$100,000	Commenced 2007 To be completed 2010
<i>A randomised, controlled, final stage evaluation of the beyondblue depression training program for aged care staff: Impact on the delivery of health care services for older people with depression</i>	A/Prof David Mellor	Deakin University	\$92,833	Commenced 2008 Completed 2009
<i>A training program for professional carers in recognising late-life depression: Impact on the delivery of health care services for depression among older people – Stage 2</i>	Prof Marita McCabe	Deakin University	\$70,000	Commenced 2005 Completed 2007
<i>Caring for the depressed elderly in the emergency department: Establishing linkages between sub-acute, primary and community care</i>	Dr Lynette Joubert	University of Melbourne	\$60,000	Commenced 2004 Completed 2007
<i>A training program for professional carers in recognising late-life depression: Impact on the delivery of health care services for depression among older people– Stage 1</i>	Prof Marita McCabe	Deakin University	\$50,000	Commenced 2004 Completed 2006
<i>Depression management and prevention of suicide amongst the elderly in general practice (DEPS-GP) – (part of NHMRC larger study)</i>	Oswaldo P Almeida Jon J Pfaff	Uni of WA; Uni of Melbourne; Uni of Sydney; Uni of Adelaide; Uni of Queensland	\$50,000	Commenced 2006 Completed 2007
<i>Linking the health and leisure sectors: Using physical activity in the management of depressed older people</i>	Dr Jane Sims	Department of General Practice, University of Melbourne	\$50,000	Commenced 2003 Completed 2005

4. Fact Sheets and Resources for Older People

beyondblue has a wide range of information materials on older people which are available free of charge. To order, visit our website www.beyondblue.org.au or telephone the *beyondblue* info line 1300 22 4636 (local call cost from a landline).

Publications, brochures and booklets:

- *OBE ... Our stories*, booklet
- Older people and depression booklet
- *beyondblue* Guide for Carers – Supporting and caring for a person with depression, anxiety and/or a related disorder
- *Taking Care of Yourself and Your Family* by John Ashfield
- *A Guide to What Works for Depression*
- *A Guide to What Works for Anxiety Disorders*
- Practical ways to help someone with depression
- Help for depression and anxiety information card
- *Maintaining your well-being: Information on depression and anxiety for men with prostate cancer and their partners*
- Depression checklist
- Keeping active for a health mind and body (postcard)

Fact Sheets

- Depression in older people
- Help for depression, anxiety and related disorders under Medicare
- Living with and caring for a person with depression
- Chronic physical illness and depression
- Depression in men
- Post-Traumatic Stress Disorder
- Depression and dementia
- Grief, Loss and Depression
- Reducing Stress
- Sleeping Well
- Keeping Active
- Healthy eating for people with depression, anxiety and related disorders
- Depression and Parkinson's disease
- Depression and coronary heart disease
- Depression and diabetes
- Depression after stroke
- Depression and dementia
- Depression and arthritis
- Prostate cancer and the risk of depression/anxiety
- Depression in people who are deaf or hard of hearing

DVDs

- *Don't beat about the Bush!* – depression in rural areas
- *Stories of Hope and Recovery* – interviews with *beyondblue*'s ambassadors
- *Carers Stories of Hope and Recovery* – interviews with carers about their personal experiences
- Rural Health Education Foundation DVD and Learning Guide: *Another Shade of Blue: Depression in Older Australians*



Braille/Audio formats

A number of *beyondblue*'s information materials are available in Braille or audio formats. These can be ordered by calling the *beyondblue* info line on 1300 22 4636.

Translated resources

beyondblue has a range of information resources available in other languages including the following:

- Depression checklist - Italian, Greek, Chinese and Vietnamese
- Depression in older people - Italian, Greek, Chinese and Vietnamese
- Post-Traumatic Stress Disorder - Italian, Greek, Chinese and Vietnamese
- Depression and dementia - Italian, Greek, Chinese and Vietnamese
- Grief, Loss and Depression - Italian, Greek, Chinese and Vietnamese
- Reducing Stress - Italian, Greek, Chinese and Vietnamese