

Older People's Mental Health - Let's Respect

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Let's Respect.

www.letsrespect.co.uk

The 3 D's Can you tell them apart?

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	DELIRIUM	DEMENTIA	DEPRESSION
Onset	Sudden (hours to days)	Usually gradual (over months)	Gradual (over weeks to months)
Alertness	Fluctuates – sleepy or agitated	<i>Generally normal</i>	<i>Generally normal</i>
Attention	Fluctuates – difficulty concentrating, easily distract able	<i>Generally normal</i>	May have difficulty concentrating, easily distract able
Sleep	Change in sleep pattern (often more confused at night)	Can be disturbed – night time wandering and confusion possible	Early morning wakening
Thinking	Disorganised – jumping from one idea to another	Problems with thinking and memory, may have problems finding the right word	Slower, preoccupied with negative thoughts of hopelessness, helplessness or self-depreciation
Perception	Illusions, delusions and hallucinations common	<i>Generally normal</i>	<i>Generally normal</i>

Consensus Statement (2008)

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This issue affects each and every one of us - there is a clear imperative to act and make all of older peoples' mental health a National priority. It is no longer acceptable or wise to allow our response to this pressing problem to occur by chance or to continue to allow the fragmentation of older people's mental health into diagnostic silos, erroneously ignoring the complex interdependencies and multiple pathologies which we know to exist and have an impact. **All** of mental health in later life must be accorded the highest priority in terms of sustained vision, leadership and policy ownership, not falling through gaps between mental health and older people's policies.

Why Let's Respect?



- The current demographic, economic and political challenges underscore the need for an approach that considers the identification and better care of **all** mental illness in later life, regardless of the place in which this 'caring' happens or who is providing it.

Our shared and common focus is the person who needs it

Let's Respect's purpose is to:

- Increase understanding and competence – focusing on the 3D's of delirium, dementia and depression - together accounting for over 80% of mental illness in later life.
- Support individuals and organisations to respond therapeutically – in a way that is caring and helpful – to the mental health needs of older people.

What is Let's Respect?

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A simple philosophy to improve mental health care for older people

Let's Respond To
Every Challenge
Therapeutically – in a
way that is caring
and helpful.



ERFYL LLOYD DAVIES PHOTOGRAPHY

Let's Respect

- Launched 2006 – Acute Hospitals
- Second iteration 2008 (exports)
- Care Homes work (2011)
- Formation as NFP Company (2013)
- Established social media presence
- Website: www.letsrespect.co.uk
- Publications, research and conferences – UK, Europe, Australia
- Still used - hospitals and care homes
- Adapted to taught courses - 1 and 5 day (2013 –present)
- 73 Care Homes, 1000 staff – Blackpool MBC
- Hospices, Community Teams and Domiciliary Care
- Explicit focus on equality, 6 C's and 3 D's and social isolation / loneliness
- Research contribution to PERFECTED, COMET and ESMO Palliative Care Guideline

IHS

Let's Respect

the principles of best practice in the care of older people with mental health needs

Dementia

Depression

Delirium

2006 - present
The 'Let's Respect' box.
A globally recognised awareness campaign highlighting issues surrounding the treatment of *Dementia, Delirium and Depression*.

National Mental Health Development Unit

2011
Launch of the Let's Respect 'Do You See Me?' campaign

DH Department of Health

Moving forward – your input

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- More conference presentations – raising awareness – not enough
- How can we support local action?
- Review and develop hard copy resources (in collaboration)
- Review and extend dissemination - suggestions
- Maintain and upgrade website, social media – possibility of partnership / ways of funding?
- Let's Respect Forums – opportunity for celebrating and sharing best practice – local ownership
- Keeping it simple - an explicit focus on the 3 D's and 6 C's
- Unite around simple and effective messages

Challenging times ahead.....so join in

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NMY?

We have an individual and collective responsibility for the care of older people's mental health NOW - let's respond to every challenge therapeutically

Let's Respect!



Thank you for your time & keep in touch!

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Happy to try and support:

- ✓ Events like these
- ✓ Service improvement initiatives
- ✓ Education days / teaching programmes

😊😊 **Always looking for enthusiastic people and services to collaborate with /share great practice** 😊😊

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