Improving Psychological Therapies for Older People

IAPT for Older People: Improving Access and Outcomes

Monday 27 November 2017  De Vere West One Conference Centre, London

Speakers Include:
Ursula James  
IAPT Programme Manager  
Adult Mental Health Programme Delivery  
NHS England

Dr Shonagh Scott  
Principal Clinical Psychologist  
Sheffield Health & Social Care Foundation Trust

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“It is now widely accepted that the mental health needs of older people have historically been under-recognised and under-treated. Although the proportion of those affected is broadly in line with other age groups, older people have not been able to access the same level of support. Research has also found that older people with common mental health conditions are more likely to be on drug therapies and less likely to be in receipt of talking therapies compared to other age groups. Older people themselves may be reluctant to seek help – with fewer than one in six older people with depression ever discussing it with their GP. Later life is a time when getting the right support is extremely important for wellbeing due to the complex challenges older people often face. As our population ages, it is crucial to ensure that older people’s mental health not only attains parity with physical health diagnostics and care, but parity with other age groups too.” Tom Wright CBE Group CEO, Age UK - Mental Health in Older People A Practice Primer Report September 2017

“Services need to be increasingly responsive and flexible to increase access for this patient group. One way to do this is to take the service out into community settings such as residential, nursing homes or day centres. It provides an excellent opportunity to help older people themselves to see what services can offer them, how they can refer themselves and to build possibility and hope of change in those who may benefit” A Clinician’s Guide to: Low Intensity CBT with older people January 2016.

This conference focuses on the current challenges faced by providers trying to improve outcomes in older adults and how psychological therapy services can improve and succeed in providing an accessible service for an ageing population’s mental healthcare needs.

This conference will enable you to:
- Network with colleagues working to improve the quality of IAPT services for Older Adults
- Understand and reflect on what you need to do, to improve access to your service for Older Adults
- Learn from established practice in delivering excellent IAPT services for Older Adults
- Understand how you can support Older Adults to better access your service
- Update your knowledge on national and local developments
- Identify key strategies for improving access to mental health services for Older Adults
- Examine your role in improving access to mental health services for Older Adults
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

“I really enjoyed the conference. Lots of helpful advice for me to take back to the team. Very varied range of speakers kept the day interesting and me thinking” Jo Chambers, Dudley & Walsall Mental Health Trust

“Highly informative, relevant and presented well from a variety of perspectives” Catryn Ilett, Dudley & Walsall Mental Health Trust

100% of delegates at our previous conference on this subject would recommend it to a colleague
<table>
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<th>Time</th>
<th>Session Title</th>
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| 10.00 | Chairman’s Introduction: Hidden in plain sight IAPT for Older People: NHS England update | Ursula James (AM Chair)  
IAPT Programme Manager  
Adult Mental Health Programme Delivery  
NHS England | • access and outcomes for older people: the facts  
• developments in integrated IAPT in Physical Health Pathways  
• current national projects and successes for improving IAPT outcomes for older people |
| 10.40 | Referral vs Access Study: “Variation in referral and access to new psychological therapy services by age” | Dr Sophie Pettit  
Lecturer  
University of West London | • factors which cause the under-referral of older people to mental health care  
• multiple health conditions, and its effect on recognition of mental health issues  
• results and conclusions – what does this mean for services |
| 11.10 | Question and answers, followed by tea & coffee at 11.20                       |                                                                           |                                                                                                                                          |
| 11.50 | The Lost Generation: people with a serious mental illness as they enter old age | Bill Walden-Jones  
Senior Consultant  
& Andrew Dugmore  
Service User Expert  
Hafal | • what is the policy and legal context in Wales?  
• how are different areas of these clients’ lives affected?  
• next steps |
| 12.20 | Internet delivered CBT (iCBT) for older people                               | Dr Jorge Palacios  
Senior Clinical Researcher  
Silvercloud Health | • what does research tell us about the use of iCBT for older people?  
• what do IAPT services tell us about the use of iCBT for older people?  
• what do older people tell us about the use of iCBT?  
• integrated care and iCBT for LTCs |
| 12.50 | Question and answers, followed by lunch at 13.00                             |                                                                           |                                                                                                                                          |
| 13.00 | Chair (PM)                                                                   | Dr Shonagh Scott  
Principal Clinical Psychologist  
Sheffield Health & Social Care Foundation Trust |                                                                                                                                          |
| 14.00 | Integrated community mental health team                                       | Dr John Bottomley  
Consultant in Old Age Psychiatry  
& Jayne Wallace  
Nurse Consultant  
Rotherham Doncaster and South Humber Mental Health NHS Foundation Trust | • responding to variations in service to improve access  
• working with GPs  
• using a new model to reduce waiting times |
| 14.30 | Increasing Older Adult Access to Psychological Therapies in North Yorkshire   | Alison Hobbs  
Clinical Lead  
and Louise Unitt  
Senior PWP  
North Yorkshire IAPT Service | • The journey so far  
• Creating Older Peoples Champions  
• engaging stakeholders and moving forward in improving access |
| 15.00 | Psychological therapies for older people: public perception, barriers to access and the evidence | Jeremy Bacon  
Older People Lead  
BACP | • Common mental health issues in older age and the barriers to seeking help and access  
• Older people’s perceptions of counselling and psychotherapy as a psychological intervention  
• The effectiveness of psychological therapies for older people |
| 15.20 | Question and answers, followed by tea & coffee at 15.30                      |                                                                           |                                                                                                                                          |
| 15.50 | Improving accessibility to IAPT for older people                            | Dr Shonagh Scott  
Principal Clinical Psychologist  
Sheffield Health & Social Care Foundation Trust | • the key elements of a service that is accessible for older patients  
• addressing the mental health needs of an ageing population  
• the barriers faced and how we move past them |
| 16.00 | Interactive panel discussion: The challenges faced in improving access to services for an ageing population, how we overcome barriers and ways to move forward | This interactive panel discussions gives delegates and speakers the opportunity to discuss individual perspectives and evaluate objective based solutions  
Dr Shonagh Scott  
Principal Clinical Psychologist  
Sheffield Health & Social Care Foundation Trust  
Bill Walden-Jones  
Senior Consultant  
Hafal  
Andrew Dugmore  
Service User Expert  
Hafal  
Dr Jorge Palacios  
Senior Clinical Researcher  
Silvercloud Health  
Jeremy Bacon  
Older People Lead  
BACP |                                                                                                                                 |
| 16.50 | Question and answers, followed by close                                       |                                                                           |                                                                                                                                          |
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Date Monday 27 November 2017

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