

# Anxiety, depression and older people

## Why is it important people learn about anxiety and depression and their effects?

Anxiety and depression are often not recognised and can seriously affect physical and mental health. With early diagnosis and appropriate treatment the impact of these illnesses can be reduced.

## How common are anxiety and depression?

Anxiety and depression are common treatable illnesses.

- Around one million Australian adults live with depression each year.
- Over two million have an anxiety disorder.

## What makes an older person more at risk of anxiety and depression?

As people age they are more likely to develop physical health problems or conditions, such as heart disease, diabetes or stroke.

Other issues that may impact on the mental wellbeing of an older person include chronic pain, side effects of medications, loss of independence, work and income, mobility and flexibility. Sometimes older people undergo a significant change in living arrangements and lifestyle. This can impact on their mental wellbeing.

\*Australian Bureau of Statistics.  
(2008) 2007 National Survey of Mental Health and Wellbeing: Summary of Results (4326.0).  
Canberra: ABS.

The *beyond maturityblues* project is a National Program conducted by COTA in all States and Territories across Australia.

The project has been developed and implemented in partnership with *beyondblue: the national depression initiative*,

and is presented by COTA trained volunteer peer educators.

*beyondblue* is a proud beneficiary of The Movember Foundation and funds received have contributed to the delivery of the *beyond maturityblues* program.

Updated July 2011

**COTA**  
For older Australians



For further information on depression, anxiety and related disorders contact:  
*beyondblue* on  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
or call P: 1300 22 4636

**COTA**  
For older Australians



*beyond  
maturityblues*

Anxiety, depression and older people.

Free information sessions for Seniors Clubs and Groups



## Book a free *beyond maturityblues* information session

Peer Educators from COTA in all States and Territories are now available to host interactive '*beyond maturityblues* - anxiety, depression and older people' information sessions for your seniors group or club.

These sessions focus on learning about anxiety and depression including the importance of early identification, prevention, treatments, supporting those living with these conditions and what you can do to enjoy better health.

COTA Peer Educators are volunteers aged over 50 years, who have been trained by COTA to talk with groups about the effects of anxiety and depression.

These groups include:

- Seniors
- Carers
- Chronic illness groups
- Men
- Veterans
- Rural communities

COTA also provides sessions for CaLD communities and has bilingual Italian, Greek, Vietnamese, and Chinese Peer Educators to deliver to non-English speaking groups.



To book a '*beyond maturityblues*' information session at your club or group phone the COTA organisation in your State or Territory.

A peer educator will be allocated to your group and all session details will be confirmed.

### **COTA ACT**

P.O. Box 5566,  
Hughes ACT 2605  
P: (02) 6282 3777

### **COTA NT**

GPO Box 852,  
Darwin NT 0801  
P: (08) 8941 1004

### **COTA SA**

16 Hutt Street,  
Adelaide SA 5000  
P: (08) 8232 0422

### **COTA Tas**

'Westella',  
181 Elizabeth Street  
Hobart TAS 7000  
P: (03) 6231 3265

### **COTA New South Wales**

Peer Education Unit,  
Level 6, 280 Pitt Street,  
Sydney NSW 2000  
P: (02) 9286 3868

### **COTA Victoria**

4th Floor, Block Arcade,  
98 Elizabeth Street,  
Melbourne VIC 3000  
P: (03) 9654 4443

### **COTA Queensland**

GPO Box 21,  
Brisbane QLD 4001  
P: 1300 738 348

### **COTA Western Australia**

P.O. Box 7896, Cloisters  
Square, Perth WA 6850  
P: (08) 9321 2133



## *beyond maturityblues* booking form

Club/Group Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Telephone: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Number in Group: \_\_\_\_\_

Male, Female or mixed group: \_\_\_\_\_

Venue and Address where session will be held:

Venue: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Car Parking (please circle:) On Site Street

Other \_\_\_\_\_

Equipment available (please circle):

TV/Video Whiteboard Microphone Other \_\_\_\_\_

Date for session (in order of preference): Peer Educators may not be available on your preferred date so please provide alternative dates.

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Time Peer Educator is to arrive: \_\_\_\_\_

Duration of session: (45 minutes to 1 hour) \_\_\_\_\_

Any special requests?

\_\_\_\_\_

\_\_\_\_\_

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or call P: 1300 22 4636