

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. Unfortunately many people know little or nothing about anxiety and depression and do not seek treatment.

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.



'beyond maturityblues'

Anxiety, depression and older people

Free information sessions
for Seniors Clubs and Groups

Handouts are provided



Developed by COTA Seniors Voice

Updated April 2011

**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
Tel 02 6282 3777

COTA NSW

Seniors Peer Education Centre NSW
Level 6, 280 Pitt Street, Sydney NSW 2000
Tel 02 9286 3868

COTA NT

GPO Box 852, Darwin NT 0801
Tel 08 8941 1004

COTA Queensland

GPO Box 21, Brisbane QLD 4001
Tel 1300 738 348

COTA Seniors Voice

16 Hutt Street, Adelaide SA 5000
Tel 08 8232 0422

COTA TAS

'Westella', 181 Elizabeth Street
Hobart TAS 7000
Tel 03 6231 3265

COTA VIC

4th Floor, Block Arcade
98 Elizabeth Street, Melbourne VIC 3000
Tel 03 9654 4443

COTA WA

P.O. Box 7896, Cloisters Square, Perth WA 6850
Tel 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?
