

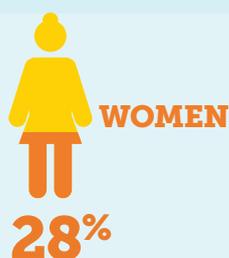
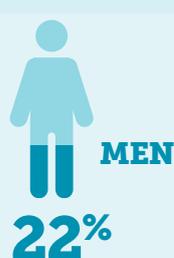
OLDER PEOPLE AND DEPRESSION

Independent Age believes that every older person's mental health should be taken seriously; they shouldn't just be given medication and shown the door.

Older people are as likely to experience depression as any age group. However, they seek help less than younger people, and when they do, they don't always get the best response from health or care professionals.

What is IAPT? The Improving Access to Psychological Therapies (IAPT) programme is the NHS' first-line response to common mental health issues like depression. It aims to improve access to talking therapies, like counselling or psychotherapy. IAPT is popular and has a good rate of success.

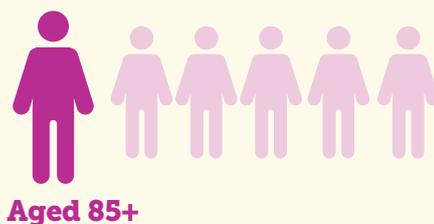
WHO IS AT RISK?



Often, depression can be brought on or exacerbated by **lonelinessⁱ** and social isolation

Of older people **living in care homes** are affectedⁱⁱ

OVERLOOKED OVER-65s



Are more likely to be prescribed **medication** for depression than offered IAPTⁱⁱⁱ

Are **five times less likely** to be referred to IAPT than those aged 55–59^{iv}, despite people aged 65+ having the **best IAPT recovery rates**

STIGMA

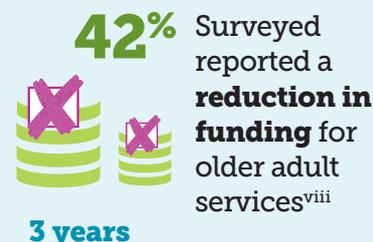


5 IN 6
Never discuss depression with their GP^v

People over 65 are more likely to feel uncomfortable about **friends and family knowing** than if they had a physical health issue^{vi}

WORKFORCE & FUNDING

Older people's mental health specialists



ATTITUDES



44% **All ages**
Nearly half of people think older adults are **less likely to recover from a mental health condition**^{ix}

INCREASING NEED



By 2026 **ageing** will likely be the **sole driver** for increasing the demand for mental health services^x

i Victor and Yang, 2012
ii Age UK, 2016
iii NHS Digital, 2018
iv Walters et al., 2018
v NHS England 2017

vi YouGov survey for Independent Age, 2018
vii Royal College of Psychiatrists, 2017
viii RCPsych, 2017
ix YouGov survey for IA, 2018
x King's Fund, 2008



OLDER PEOPLE AND DEPRESSION

Independent Age believes that we all have a part to play in reducing stigma around mental health and supporting older people to seek help. We want to see:

- 1.** The NHS commits to making the mental health of older people a priority in the implementation of the long term plan, and local plans, especially in relation to IAPT referrals.
- 2.** Older people feature in the national conversation on mental health, especially around reducing stigma and improving access to support.
- 3.** Health and care professionals receive training to recognise and support mental health issues in older people e.g. through social prescribing.

Older people can recover from a mental health issue, if they are given the chance. Independent Age believes that every older person should have the best chance for good mental health and wellbeing. We must all work together to make this a reality.

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Independent Age is the operating name of the Royal United Kingdom Beneficent Association. Registered charity number 210729 (England and Wales) SC047184 (Scotland)



advice and support for older age

**Independent
Age**