

# positive

Healthy Body, Healthy Mind

# WALK IT OUT!

Paws for Thought...

**"Working to regain self-belief and confidence is important"**

This week's theme is

## Mental Health Services for Older People

### Mental Health Services for Older People (MHSOP)

Nottinghamshire Healthcare is a major provider of specialist mental health services for older people in Nottingham City and the wider county. The service caters to the needs of all people suffering from dementia, regardless of age and those with functional illnesses, such as depression, who are over the age of 65 years.

The dedicated and experienced team within the service is able to provide assessment and treatment for a range of illnesses. The service works with other providers, such as social services, Alzheimer's Society, Age UK and MIND.

The broad principles that guide our work are:

- To place the emphasis of care in the local community providing ready access to needs led services which embrace the diversity of the local population and promote independence
- To provide comprehensive assessment and health and social care support
- To create an innovative environment in which flexible options for community care can be explored and delivered in partnership with other agencies
- To work co-operatively with relatives, carers and significant others in delivering individual packages of care

### Focus on...St Francis Day Hospital

St Francis Day Hospital offers a range of evidence-based therapies for older adults such as:

- Cognitive Stimulation Therapy (CST): for people with mild to moderate dementia. CST treatment involves 14 sessions of themed activities, which are designed to actively stimulate and engage people with memory difficulties
- The Recovery Group: for patients with mental health problems such as depression, anxiety and other psychological disorders. The group enables patients to regain self-belief and confidence, reclaim a positive view of themselves and their abilities, reawaken hope, develop a new sense of meaning and purpose in life, and take back control.
- Cognitive Behavioural Therapy (CBT): Group support for depression and/or anxiety. This group aims to offer strategies for coping, dealing with unhelpful thoughts and problem solving.

All these services can be accessed via your GP. For more information, contact St Francis Day Hospital on 0115 876 0100.

### The Live Project

Mental Health Services for Older People

Eating for health

Giving voice

Adult mental health services

Depression

Nottinghamshire Language for Life

Support for carers

Nottingham Recovery College

Dental services

School aged immunisations

