

# ProMenPol

## **Reflections about the Mental Health Pact The practitioners' views for older people's residences**

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## **Promoting and Protecting Mental Health**

Supporting **P**olicy through Integration of Research, Current  
Approaches and Practices

## Presentation overview

- Old people in the European Pact for Mental Health and Well-being
- Overview of the workshop comments
- Conclusion

## European Pact for Mental Health and Well-being

- **The EU-population in ageing. Old age can bring with it certain risk factors for mental health and well-being, such as the loss of social support from families and friends and the emergence of physical or neuropsychiatric illness, such as dementia. Suicide rates are high in older people. Promoting health and active ageing is one of the EU's key policy objectives.**

## European Pact for Mental Health and Well-being

**Policy makers and stakeholders are invited to take action on mental health of older people including the following:**

- **Promote the active participation of older people in community life, including the promotion of their physical activity and educational opportunities**
- **Develop flexible retirement schemes which allow older people to remain at work longer on a full-time or part-time basis**
- **Provide measures to promote mental health and well-being among older people receiving care (medical and / or social) on both community and institutional settings**
- **Take measures to support carers**

## Conference workshop: Older people

- Small workshop: in addition to project partners, only 5 participants
- Four countries represented: Germany (1), Greece (1), Finland (2) and Estonia (1)

## Most important lessons from practice to policy makers – right priorities?

1. The emphases should be on community care and promotion of social independence
2. There is need for training for professional carers
3. Medicalisation, elder abuse and substance abuse are growing problems: need for non-medical treatments and interventions
4. Family carers are often old themselves: need for information and support (e.g. self-help groups)

## How can the Pact improve practice at present?

- Most important is the training of e.g. nurses and G.P's, multidisciplinary training
- Change in the culture is needed: convincing governments about the benefits of mental health promotion, improving research base and developing interventions

## ProMenPol field trials

- Five registered field trials in older people's residences: 4 type II and 1 type III
- Less field trials in this setting compared to other settings

## Conclusions

- The proportion of the population over 65 years in 2050 will be around 30%, so there is urgent need for taking action in promoting mental health and social independence of older people
- It has been more difficult to engage the stakeholders in the field trials in this setting compared to others
- Stakeholders working with older people should be actively engaged in the implementation of the Pact