

INTERMEDIATE MODULE

Older Person Wellness and Mental Health Problems in Older Persons

The intermediate module is held periodically and covers a whole range of interesting and relevant topics:

- Person-Centered Care (PCC)
- Communication with Persons with Dementia
- Dementia Management
- Activities for persons with dementia
- Behavioural and Psychological Symptoms of Dementia (BPSD)
- Legal and ethical issues in dementia
- Abuse in older persons
- Memory rehabilitation for early stage dementia
- Understanding loss and grief
- Fall prevention in older persons
- Stress and management
- Suicide risk assessment and management
- Anxiety disorders in older persons
- Psychotic disorders in older persons



This list is updated periodically, refer to our website at www.imh.com.sg to see the updated list.

For more information on customized training programme for Nursing Homes, Eldercare Agencies, Community Agencies that work with older persons or other partners, please contact us at 63892175, or email apcats@imh.com.sg.



Operating Hours

Mon to Fri: 8.00am to 5.30pm
Closed on Sat, Sun and Public Holidays

APCATS

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APCATS Regional Eldercare Agencies Partnership



APCATS REAP

The Aged Psychiatry Community Assessment and Treatment Service Regional Eldercare Agencies Partnership (APCATS REAP) Programme is an extension of APCATS launched in 2008. Through this programme, the team builds a network and collaborates with regional health and community agencies which provide services to older persons in the Central region to enhance and deliver holistic care. Staff of agencies are empowered through training, supervision, consultation and support.

What is APCATS REAP?

The APCATS Regional Eldercare Agencies Partnership (APCATS REAP) is an extension of APCATS launched in 2008. The aims are to:

- Extend partnership with community eldercare agencies and primary care practitioners to meet the psychosocial needs of older persons in the community
- Empower the community agencies and primary care practitioners to manage older persons with mental disorders through training, consultation and support
- Enhance awareness and facilitate early detection of mental disorders in older persons

Who can be our partner?

Community agencies located in the Central region of Singapore and providing services to older persons.



What does this partnership mean for you?

Benefits and privileges of participating agencies include:

- Training
- Fast track clinic appointment, applicable to IMH's psychogeriatric clinics at Clinic B and Community Wellness Clinic (Queenstown)
- REAP case review



What is your involvement as our partner?

- Attend training
- Screen your at-risk clients who are 65 years and above for depressive disorder and dementia
- Collaborate with APCATS in managing clients with depressive disorder or dementia

Crisis Intervention

In times of crisis, please refer case to the IMH's emergency services for immediate attention or call the Mental Health Helpline at 6389 2222.

The Training Programme

We offer customised training programmes targeted to meet the needs of people working with older persons in the community. The programmes will include basic and intermediate modules conducted by the multidisciplinary psychogeriatric team.

BASIC MODULE Identifying Depressive Disorder and Dementia in Older Persons

Module 1: Understanding depression and how to screen for depression in older persons using the EBAS-DEP (Even Briefer Assessment Scale for Depression).

Module 2: Understanding dementia and how to screen for dementia in older persons using AMT (Abbreviated Mental Test).

Mental Health First Aid for Older Persons (MHFA-OP)

