

# Mental Health & Learning Disability A Model for Addressing the Mental Health Needs of Older Adult in Primary Care

A proportion of organizations in the UK who provide mental health services for older adults do so either as a generic service for functional disorders or through memory clinic for organic disorders.

In 2010 Wrexham saw the introduction of Primary Care Mental Health Nurses (PCMHN) specifically for older adults with suspected mental health disorders of both a functional and an organic nature

## The Aims Included:

- Increasing early detection, diagnosis and management of mental health problems in older adults within a primary care setting.
- Ensuring the physical, social and mental health needs of those being referred were met

## The Role of the Primary Care Mental Health Nurse included:

- Pre-screening assessments/triage assessments
- Evidence based interventions
- Health promotion
- Medicine management/advice
- Education and training for staff, patients and carers
- Networking with other agencies
- Carer support
- Step up or step down care between Primary and Secondary Care

## Service Evaluation

- Figures to the Primary Care Service increased over the first 12 months, this ranged from a 21% - 66% depending on the surgery.
- Referrals to the Community Mental Health Team reduced by 80% in the first 12 months.
- Working alliance with GP's improved and the feedback from all service users and stakeholders was extremely positive

Finally a reflective article describing the model and work of the service in detail was published in Sept 2016 in the e-newsletter for the Royal College of Psychiatrists

Addressing the mental health needs of older adults in primary care: my experience of setting up a service

<http://www.rcpsych.ac.uk/workinpsychiatry/faculties/facultyofoldagepsychiatry/newsletters/enewsletterseptember2016.aspx>