

Depression and older people

Why is it important people learn about depression and its effects?

Depression is often not recognised and can seriously affect physical and mental health. With early diagnosis and appropriate treatment the impact of the illness can be reduced. Unfortunately many people know little or nothing about depression and do not seek treatment.

How common is depression?

Depression is very common. Around one million Australian adults live with depression each year: one in five women and one in eight men. *

What makes an older person more at risk of depression?

As people age they tend to have an increase in physical health problems or conditions, such as heart disease, stroke and Alzheimer's disease.

Other issues that may impact on the mental wellbeing of an older person include chronic pain, side effects of medications, loss of independence, work and income, mobility and flexibility. Sometimes older people undergo a significant change in living arrangements and lifestyle.

*Australian Bureau of Statistics. (2008) *2007 National Survey of Mental Health and Wellbeing: Summary of Results (4326.0)*. Canberra: ABS.

The 'beyond maturityblues' project is a National Program conducted by COTA in all States and Territories across Australia.

The project has been developed and implemented in partnership with *beyondblue: the national depression initiative*, and is presented by volunteer peer educators trained and supported by the COTAs.



'beyond maturityblues'

Information sessions for Seniors Clubs and Groups

Sessions are presented with handouts and giveaways provided

Free of charge



Developed by COTA Seniors Voice

Updated September 2009

**Book a free
'beyond maturityblues'
Information Session**

Peer Educators from COTA in all States and Territories are now available to host interactive 'beyond maturityblues - depression and older people' information sessions for your seniors group or club.

These sessions focus on learning about depression, treatments, ways to identify and prevent depression, how to support those with depression and what you can do to enjoy better health.

COTA Peer Educators are volunteers over 50 who have been trained by COTA to talk with groups about depression and its effects.

These groups include:

- Carers
- Chronic disease groups
- Men
- Veterans
- Rural communities

A peer educator will be allocated to your group and session details will be confirmed.

COTA also provides sessions for CaLD communities and has bilingual Italian, Greek, Vietnamese, and Chinese Peer Educators to deliver to non-English speaking groups.

To book a 'beyond maturityblues' information session at your club or group phone the COTA organisation in your State or Territory.

COTA ACT

P.O. Box 5566, Hughes ACT 2605
Tel 02 6282 3777

Seniors Peer Education Centre NSW

A program offered by COTA NSW
Level 4, 280 Pitt Street, Sydney NSW 2000
Tel 02 9286 3860

COTA NT

GPO Box 852, Darwin NT 0801
Tel 08 8941 1004

COTA Queensland

GPO Box 21, Brisbane QLD 4001
Tel 07 3316 2999

COTA Seniors Voice

45 Flinders Street, Adelaide SA 5000
Tel 08 8232 0422

COTA TAS

2 St. Johns Avenue,
New town TAS 7008
Tel 03 6228 1897

COTA VIC

4th Floor, Block Arcade
98 Elizabeth Street, Melbourne VIC 3000
Tel 03 9654 4443

COTA WA

P.O. Box 866, West Perth WA 6872
Tel 08 9321 2133



'beyond maturityblues'

Booking Form

Club/Group Name: _____

Contact Person: _____

Telephone: _____

Postal Address: _____

Postcode: _____

Number in Group: _____

Male, Female or mixed group: _____

Venue and Address where session will be held

Venue: _____

Address: _____

Suburb: _____

Car Parking (please circle): On Site _____ Street
Other _____

Equipment available (please circle):
TV/Video _____ Whiteboard _____ Microphone _____ Other _____

Date for session (in order of preference): Peer Educators may not be available on your preferred date so please provide alternative dates.

Day: _____ Date: _____ Time: _____

Time Peer Educator is to arrive: _____

Duration of session: (45 minutes to 1 hour) _____

Any special requests?

