

## **‘Depression in later life’ Project 2009**

### **Final Report**

#### **1. Project summary.**

**1.1. The ‘Depression in later life’ Project**

**1.2. YHIP and Age Concern**

**1.3 The Steering Group**

#### **2. Project objectives:**

**2.1. Objective one: Scope awareness, confidence and experience of later life depression within Primary Care, Age Concern and older people in Yorkshire and Humber**

**2.2. Objective two: Design training material to promote skills and awareness in staff working in Primary Care and within Age Concern**

**2.3. Objective three: Develop an evidence base for prevention**

**2.4. Objective four: Improve knowledge and awareness about Depression in older people across Yorkshire and Humber**

#### **3. Project Products**

**3.1 Older People questionnaire report**

**3.2 Primary Care questionnaire report**

**3.3 Age Concern staff questionnaire report**

**3.4 Age Concern ‘train the trainers’ course material**

**3.5 ‘Preventing Depression in later life’ paper**

**3.6 Depression DVD for Urdu speakers**

**3.7 Using ‘Living life to the full’ booklets with older people report**

**3.8 Care home staff and residents views on Depression and wellbeing**

## **4. Conclusions and recommendations**

### **4.1 Generic conclusions and recommendations**

### **4.2 For older people**

### **4.3 For Primary Care**

### **4.4 For professional staff involved in the prevention of Depression in later life**

### **4.5 For Age Concern and Help the Aged and other voluntary sector staff**

### **Acknowledgement.**

**This report and the project products are available**

- **In printed format within a folder**
- **On CD in 'Word' and 'PowerPoint'**
- **On DVD ( the Depression DVD in Urdu)**
- **On YHIP and Age Concern websites under 'resources'**  
[www.yhip.org.uk](http://www.yhip.org.uk)  
[www.ageconcernyorkshireandhumber.org.uk](http://www.ageconcernyorkshireandhumber.org.uk)

**Yorkshire and Humber Improvement Partnership  
Genesis 5, Innovation Way, Heslington, York YO10 5 DQ  
Tel: 01904 717260.**

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Regional Office, Suite 6, Third Floor, 7 Eastgate, Leeds LS2 7LY  
Tel: 0113 244 1860**

# 1. Project summary.

## 1.1 The 'Depression in later life' Project

Depression is more common than Dementia in older people but has a much lower profile. It is thought to affect up to 25% of older people, though rates for recognition and treatment are much lower than working age adults. This is particularly worrying as it is a treatable illness at any stage in life and responds well to psychological therapy and psycho-social interventions, as well as medication.

Depression in later life is a major cause of ill health and dependency. Untreated Depression has a severe effect on physical and mental functioning, so its prevention and amelioration are vital for maintaining independence for older people.

Depression is the leading cause of suicide in older people, particularly older men, and rates are not declining. It also exacerbates physical ill health and therefore contributes to avoidable earlier death. The risk and protective factors for Depression in later life are well documented but under reported and under implemented.

The 'Depression in later life' project operated from January 2009 to January 2010 and was a partnership between YHIP (Yorkshire and Humber Improvement Partnership) and Age Concern (Yorkshire and Humber). It was part of the national Mental Health in Later Life Programme. The project worked cooperatively with other programmes related to Depression in later life, including

- The national 'Let's Respect' Campaign
- The YHIP 'Let's Respect' Care homes project
- The Yorkshire and Humber NHS IAPT (Improving Access to Psychological Therapies) Network
- Age Concern's 'Down but not out' Depression campaign
- The Mental Health Foundation's 'Grouchy Old Men' campaign

The involvement of local Age Concerns' in Yorkshire and Humber was vital to the project's success, as was the involvement of a number of other groups and organisations including Bradford Positive Minds, Hull Carers Centre, North Bank Project, Hull NHS Trust and East Riding NHS Trust.

The four aims of the project were to

- Find out more about awareness and practice about Depression in later life with primary care staff and other groups, including older people and Age Concern staff
- Design training material/courses for Age Concern and Primary Care staff
- Provide evidence for prevention services to be useful to commissioners
- Work with other campaigns and increase awareness about Depression in older people

**This Final Report details the work involved in meeting the four aims, and includes the project products that were written to help:**

- **Older people, including elders within Yorkshire and Humber's BME communities**
- **Primary care practitioners, including GPs and Practice Nurses**
- **Primary Care Trust and Yorkshire and Humber Strategic Health Authority**
- **Age Concern and other 'third sector' staff**
- **Commissioners in Health and Social Care**
- **Service Providers and Developers**
- **Residential Care staff**

## **1.2. YHIP and Age Concern**

The project was managed through YHIP in partnership with Age Concern and Help the Aged in Yorkshire & Humber from January 2009-January 2010  
From April –December 2009 Lisa Spivey acted as Project Coordinator for Age Concern Support Services Yorkshire & Humber (0.8wte)  
From January 2009-January 2010 John Dowswell acted as Project Manager for YHIP (0.2 wte)

## **1.3 The Steering Group**

The Steering Group's role was to

- oversee progress within the project through receiving reports and presentations to the group
- give advice and support to enable links to be made with appropriate people, services and organisations
- Contribute to, and ensure the quality of the project
- Help evaluate how well the project is meeting its aims and objectives

The Steering Group oversaw the progress of the project and made valuable suggestions and contributions to the project staff. It met in April, July, October and December 2010. The Steering Group comprised a number of staff and Trustees from Age Concern branches and was particularly attended by:

Marilyn Foster	Trustee, Age Concern Bradford
Peter Kay	Trustee, Age Concern Bradford
Michael Felton	Trustee, Age Concern Calderdale and Kirklees
Philip Hurst	Age Concern and Help the Aged
Heather Stephenson	Age Concern and Help the Aged
Pam Davies	Age Concern and Help the Aged
Joanne Volpe	Age Concern Support Services Y & H
Lisa Spivey	Age Concern Support Services Y & H
Sally Rogers	YHIP
John Dowswell	YHIP
Steve Stericker	YHIP

## 2. Project objectives

### 2.1. Objective one: Scope awareness, confidence and experience of later life Depression in Primary Care, Age Concern and older people in Yorkshire and Humber

Task	Work Achieved	Project Outcome
Engage with primary care to produce report on Depression that would inform re awareness and confidence and shape training	<p>Questionnaire designed and distributed and returned from 154 GPs and Practice Nurses</p> <p>Report drafted which gives information for SHA and IAPT Network on what treatment options are being used and what training needs are identified by primary care staff, including</p> <ul style="list-style-type: none"> <li>• Diagnosis</li> <li>• Relating to CMHTs</li> <li>• IAPT and older people</li> </ul> <p>Related reports (see below) indicate that</p> <ul style="list-style-type: none"> <li>• Only 12% of older people said their GP asked regularly re their mood</li> <li>• Staff in care homes felt unsupported by primary care</li> <li>• Older people in care homes rarely see their GP</li> </ul>	<p>Report and executive summary distributed to Primary Care practices. This contains recommendations re management.</p> <p><b>See project product: Primary Care questionnaires Report</b></p>
Engage with Age Concern staff to produce report that	Engagement with Age Concerns within the region raised awareness of the Project and requested assistance, collating staff experiences of working with old people with Depression	<p>Awareness of the illness highlighted</p> <p>Report produced to establish the issues raised by staff in relation to depression in</p>

<p>would shape training</p>	<p>Questionnaires completed by staff throughout the region to identify Service Users experience of primary care services and their sense of wellbeing or mental ill health.</p> <p>26 Questionnaires competed</p>	<p>later life to shape training package.</p> <p>Depression guidance flow chart produced for staff</p> <p><b>See project product: Age Concern Staff questionnaire report</b></p>
<p>Engage with older people to produce report that would shape training</p>	<p>Engagement with Age Concerns within the region raised awareness of the project and requested assistance from their services users in relation to their experiences of Depression.</p> <p>Presentations and focus groups were held throughout the region in community settings gathering older people's experiences of using Primary care and their sense of wellbeing.</p> <p>251 Questionnaires received from Age Concern Service Users and other older people in Hull.</p>	<p>Report produced on the findings</p> <p>Report used to enhance training package for Age Concern Staff</p> <p>Questionnaires sent to Age Concern and Help the Aged for further analysis of the findings</p> <p><b>See project product: Older People questionnaire report</b></p>

## 2.2. Objective two: Design training material to promote skills and awareness in staff in Primary Care and within Age Concern

Task	Work Achieved	Project Outcome
Design training material for 'Train the trainers' Depression course for Age Concern staff	Training package was designed and tailored for Age Concern Staff. The questionnaires identified staff issues in understanding depression. Course designed to help identifying depression and support people who have mental health problems. It also looked at what treatment options are available.	Train the Trainer style Package Produced Package available on YHIP website <b>See project Product: Depression in later life training package</b>
Deliver training course	Jointly presented by Lisa Spivey Age Concern Support Services and John Dowswell YHIP November 2009	Successfully delivered pilot
Evaluate training course	Evaluation by participants of the training and Independent evaluation by Michael Felton (Steering Group member and Age Concern Trustee).  Training updated from feedback of participants of the pilot and the independent evaluation	Evaluation of training very positive.  Modification of training material to include changes re Care Pathways and treatment options.
Regional IAPT Network will follow up recommendations Of Primary Care	Agreement with GP IAPT Lead, Yorkshire and Humber SHA and Charlie Waller Trust	IAPT network to recommend use of PHQ2 to practices assessing long term conditions patients  IAPT network will pilot training and

Report in 2010		awareness sessions in primary care in 2010 focusing on <ul style="list-style-type: none"><li>• Diagnosis</li><li>• IAPT</li><li>• Psycho social intervention</li><li>• Identifying community resources for older people</li></ul> IAPT internet resource (The Hub) will develop section on older people and Depression
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### 2.3. Objective three: Develop evidence base for prevention

Task	Work Achieved	Project Outcome
<p>Gather evidence on prevention services run by Age Concern</p>	<p>Visited Services that provide Good Practice models within the region to demonstrate the delivery of prevention and intervention that Age Concern are providing.</p> <p>The services were</p> <ul style="list-style-type: none"> <li>• A social inclusion group</li> <li>• An information and advice service for BME elders</li> <li>• A physical activity group</li> <li>• A help at home service</li> </ul> <p>Gathering evidence through discussions with service users, staff volunteers and case studies.</p> <p>Detailing service provided; benefits to service users; relevance to government objectives; service outputs; sustainability and costs.</p>	<p>Four services were documented and evidence produced using the Prevention in Practice template</p> <p><b>See project product: Preventing Depression in later life</b></p>
<p>Research policy and current evidence base on Prevention</p>	<p>The Preventing Depression document references</p> <ul style="list-style-type: none"> <li>• New Horizons</li> <li>• Green Paper 'Shaping the future of care together'</li> <li>• JRF 'That Little bit of Help'</li> <li>• ODPM Sure Start to later life</li> <li>• Age Concern Prevention in Practice</li> </ul>	<p>Report collated and distributed to commissioners and providers</p> <p><b>See project product: Preventing Depression in later life</b></p>

Produce document for commissioners, policy makers and providers in Yorkshire and Humber	Document drafted and produced in November 2009	<b>See project product: Preventing Depression in later life</b>
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## 2.4. Objective four: Improve knowledge and awareness about Depression in older people across Yorkshire and Humber

Task	Work Achieved	Project Outcome
Disseminate 'Down but not out' campaign material through Primary Care practices	Over 1000 Age Concern Leaflets were delivered to Primary Care practices within the region to GP's and Nurses who had replied to the questionnaire	These leaflets raise awareness of Depression and can be left in waiting rooms. They encourage older people to discuss depression with their GP
Link with Mental Health Foundation 'Grouchy Old Men' campaign	Linked with Toby Williamson from Mental Health Foundation and arranged workshop in May 2009 with regional and extra regional NHS, social care and voluntary organisations	Event in May 2009 produced subsequent local events in Hull and East Riding and Nottinghamshire.  'Grouchy old men' campaign referenced in training and resources circulated.
Develop DVD on Depression for older people who are Urdu speakers	The questionnaire revealed that BME elders had a further obstacle to seeking help i.e. language barrier.  Reproduction of Age Concern Tower Hamlets DVD produced in Bengali and translated into Urdu, the majority south asian language within Yorkshire and Humber.  Launch of the DVD at the Age Concern and Help the Aged Conference "The Future of BME Services"	Raise awareness of depression and ensure we reach ethnic minority groups by translating the DVD into Urdu to target a wider audience within the South Asian Community  Product launched on 23.11.09  <b>See project product: Peace of mind DVD (also available on YHIP Website)</b>

Positive Minds Group Bradford	<p>Engagement with a group of voluntary and statutory organisations formed to raise awareness of Depression in later life, throughout the Bradford and Airedale district.</p> <p>Mental Health Event, awareness raising, encouraging joined up working with Primary Care.</p> <p>Raising awareness with GP's of the problems facing older people with Depression</p>	<p>Awareness throughout the district.</p> <p>Joined up working between Primary Care professionals and the Voluntary sector. within this area</p> <p>YHIP funded leaflets re positive mental wellbeing to be available in 2010</p>
Hull PCT and East Riding PCT Depression in later life project group	<p>This group of NHS and voluntary sector staff assisted the project in a number of ways including primary care, IAPT, prevention material and help with the CBT booklets. They encouraged joined up working with voluntary sector, and plan to continue in 2010</p>	<p>Continuation of joined up working between NHS and voluntary sector. Continuation of later life mental health as priority area for 2010.</p>
Evaluate 'Living life to the full' CBT booklets (Self Help resource)	<p>26 older people were consulted in three groups,(and 4 individually) about these booklets which use CBT methodology. The groups met in</p> <ul style="list-style-type: none"> <li>• Wakefield</li> <li>• Hull</li> <li>• Denholme</li> </ul> <p>We asked the groups to rate the booklets for usefulness and relevance to their lives</p>	<p>Report sent to the booklets author, Dr Chris Williams with recommendations about making the booklets more suitable for use by older people.</p> <p><b>See project product: Using 'Living life to the full' booklets with older people report</b></p>
Work with 'Let's Respect'	<p>This material needed redrafting to make it suitable for use in care homes</p>	<p>Redraft sent to Julie Budd, National 'Let's Respect' lead in November 2009</p>

<p>campaign to contribute to revised 'Let's Respect' material on Depression</p>		
<p>Contribute to 'Let's Respect' Care Home Project work relating to depression</p>	<p>Staff at Care Homes in Yorkshire and Humber were asked to complete the questionnaires which were about</p> <ul style="list-style-type: none"> <li>• confidence in identifying depression,</li> <li>• how much support staff got from health services</li> <li>• what activities promoted mental health in their home</li> </ul> <p>Information on this questionnaire was cross referenced with the GP Report</p> <p>Care Home residents also completed a short questionnaire though problems of distribution and methodology have limited the usefulness of the material gathered.</p>	<p><b>See project products</b></p> <ul style="list-style-type: none"> <li>• <b>Care Home staff questionnaires report</b></li> <li>• <b>Care Home residents questionnaires report</b></li> </ul>

### **3. Project Products**

The documents and DVD material here are presented within the folder as finished products within the project.

**3.1 Older People questionnaire report**

**'Word' document**

**Available on YHIP and Age Concern Support Services Yorkshire & Humber Websites**

**3.2 Primary Care questionnaire report**

**'Word' document**

**Available on YHIP and Age Concern Support Services Yorkshire & Humber Websites**

**3.3 Age Concern staff questionnaire report**

**'Word' document**

**Available on YHIP and Age Concern Support Services Yorkshire & Humber Websites**

**3.4 Age Concern 'train the trainers' course material**

**'PowerPoint' document**

**Word document**

**Available on YHIP and Age Concern Support Services Yorkshire & Humber Websites**

**3.5 'Preventing Depression in later life' paper**

**'Word' document**

**Available on YHIP and Age Concern Support Services Yorkshire & Humber Websites**

**3.6 Depression DVD for Urdu speakers**

**DVD available from Age Concern and Help the Aged Yorkshire and Humber and on YHIP website.**

**3.7 Using 'Living life to the full' booklets with older people report**

**Available on YHIP and Age Concern Support Services Yorkshire & Humber Websites**

**3.8 Care home staff and residents views on Depression and wellbeing**

**Available on YHIP and Age Concern Support Services Yorkshire & Humber Websites**

**[www.yhip.org.uk/resources](http://www.yhip.org.uk/resources)**

**[www.ageconcernyorkshireandhumber.org.uk/](http://www.ageconcernyorkshireandhumber.org.uk/)**

## 4. Conclusions and recommendations

The project was an opportunity to develop material that could be used to improve outcomes for older people with Depression in Yorkshire and Humber. It was particularly important following the National Dementia Strategy to focus some work on Depression in later life. The work undertaken has particular relevance to:

- IAPT older people practice guide
- New Horizons
- The UK enquiry into mental health and well being in later life

These conclusions and recommendations reflect the breadth of the work undertaken and are therefore presented in five sections:

- Generic conclusions and recommendations
- For older people
- For Primary Care
- For professionals involved with the prevention of Depression
- For Age Concern staff and volunteers

### 4.1 Generic conclusions and recommendations

#### Conclusions

- The 'Depression in Later Life project has produced a suite of materials that can be used to improve outcomes for older people within:
  - Primary Care
  - Commissioning and providing services
  - Prevention of depression in later life
  - Training material in third sector services
  - Awareness and self help material for older people
  - Care Homes
- The project has met the key outcomes described within the project brief, or put in place plans, tasks and material that can be used by others to achieve them. These are detailed within the 'project objectives' (section 2) and 'project products' (section 3) of this report
- Nearly 400 older people from all over Yorkshire and Humber have been involved in the various tasks of the project, which has added greatly to the validity, variety and usefulness of the material produced
- YHIP and Age Concern's partnership approach has created the 'synergy of communities of interest' described within the project brief, with involvement and support from a number of voluntary and statutory organisations in both primary and secondary NHS care.

## **Recommendations**

- That the specific recommendations for the groups described below are supported by YHIP, Age Concern, and Yorkshire and Humber Strategic Health Authority and its NHS Trusts
- That older people from BME communities and those older people living in care homes are the focus for next stage work on awareness raising and prevention of Depression, as barriers to effective help and support are higher within these groups
- That IAPT implementation emphasises the need to offer older people the same opportunities to use talking therapies as the working age population, and that IAPT targets reflect this

## **4.2 For older people**

### **Conclusions**

- Many older people are still finding it difficult to talk to GPs about their mood, and need to be encouraged to do so
- Only 12% of older people told us that the GP asked them regularly about their mood, even though a third of the sample had mental health problems
- Some BME elders are still not getting access to primary care services due to language problems
- Three quarters of older people surveyed said they had good mental health (reflecting the national estimates) .Their biggest problem was lack of energy

### **Recommendations**

Health and social care services:

- Continue to raise awareness about Depression as a treatable illness at any stage of life
- Ensure older people from BME communities are offered relevant resources that recognise cultural and language considerations
- Encourage use of self help material including booklets, leaflets and internet based sites
- Encourage older people to seek other forms of treatment including psychological therapies provided through IAPT programme, and recognise the importance of preventative services
- Encourage older people to use Age Concern and other third sector services to maintain their independence

## **4.3 For primary care staff**

### **Conclusions**

- Although GPs and practice nurses felt confident about spotting Depression in older people they were also interested in further information and training about recognition and diagnosis
- Older people with Depression are presenting in Primary Care on a regular basis. They are mainly seen only by the GP.
- Primary Care staff are interested in knowing more about IAPT
- Most Primary Care staff found current screening tools inadequate
- A majority were not interested in a 'Depression in later life' protocol to improve practice

### **Recommendations**

- More training and awareness should be offered on recognition, diagnosis and management, through the IAPT network
- There is a level of confusion about IAPT in primary care. To increase referral of older people to IAPT, Primary Care staff need to better understand the difference between, for example, Psychologists , primary care counsellors and IAPT programme workers
- GP's need to be more proactive about asking older people about their mood, especially if they have a history of mental health problems
- To improve the screening and recognition of depressive symptoms, patients on long term conditions reviews should be offered the PHQ2 by their practice nurse
- Primary Care staff and Community Mental Health Teams build improved understanding of each others contributions to the recognition, support and interventions for older people experiencing depression.
- To improve psycho-social interventions, primary care staff need to know more about local resources that can be accessed by older people maintain good health and social contacts, and actively use this information with patients.

## **4.4 For Commissioners involved with developing services that help prevention of Depression**

### **Conclusions**

- There is a wealth of government policy and much qualitative evidence about the usefulness of prevention services to maintain good physical and mental health in old age
- Services that boost 'social capital' and provide mentally and physically stimulating activities are particularly useful in helping prevent depression
- The policy context is moving in favour of commissioning more preventative services to maintain independence and alleviate pressures on the health and social care system

## **Recommendations**

- Health and Social Care Commissioners should place greater emphasis on the views of people who use preventative services, and also recognise how closely a service meets government policy on good practice in prevention.
- Their partnership working through Joint Strategic Needs Assessments should promote the development and use of services which help prevent Depression in older people
- The four Age Concern services detailed within the project 'prevention document' are examples of good practice and other providers should note their objectives and outcomes
- Primary care and community mental health staff should be aware of local services that have a prevention function and be able to identify when and how to refer to them

## **4.5 For Age Concern and other voluntary sector staff**

### **Conclusions**

- Staff were regularly seeing older people with mental health problems across the range of Age Concern services
- Loneliness was the main factor identified
- Staff felt moderately confident about talking with older people about depression, but wanted more information and training
- Service users often reported negative experiences of seeking help within Primary Care

### **Recommendations**

- The training package developed for November 2009 has been amended following a pilot delivery, and should be rolled out to all 'front line' Age Concern staff and their managers
- Managers and staff should be aware of the 'guidance for Depression' flow chart which describes routes to follow depending on the severity of the illness.
- Age Concern staff need to identify local care pathways for Mental Health services, as they vary with locality
- The national programme of 'Mental Health First Aid' training will be useful for Age Concern staff.

**Lisa Spivey and John Dowswell would like to thank the many people throughout Yorkshire and Humber who contributed to the work undertaken in the 'Depression in later life' project.**