

Mental Health First Aid for Older Persons



Course Duration Options:

St John offers the following options:

- 12 hours over two days (recommended)
- 4 x 3 hour sessions

Overview

The 2 day Mental Health First Aid for Older Persons course is designed for any interested adult, particularly those who work with, live with, or care for older people (aged 65+ years), including families and carers. Participants will learn how to support a person aged 65+ who may be experiencing a mental health problem or mental health crisis. The course curriculum is based on Mental Health Guidelines and is accredited by Mental Health First Aid Australia.

Course Content

This evidence-based course uses a systematic approach to teach adults how to assist an older person who is developing a mental health problem or in a mental health crisis. Participants will learn about the signs and symptoms of mental health problems common for the older person, when and how to assist, and how to provide first aid in a crisis situation.

Mental health issues covered include:

- Depression
- Anxiety
- Confusion and dementia
- Psychosis

Mental health crisis situations covered include:

- Suicidal thoughts and behaviours
- Panic attacks
- Delirium
- Unsafe and challenging behaviours due to confusion

All MHFA courses teach how to provide mental health first aid using the MHFA Action Plan, ALGEE.

Who can attend?

Any interested adult can attend. Please note this course is not a therapy or support group, rather it is an education course to learn how to give first aid to others.

Our Facilitators

Our facilitators for this course are fully accredited with MHFA Australia, and are required to maintain their accreditation through regular development and course delivery.

CPD

Most professionals can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body.

Participants with a language or literacy difficulty or other special needs should inform the training support staff or trainers so appropriate assistance can be arranged.

Not the right course for you? Contact us to find out about more options.

St John Ambulance Australia SA Ltd



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