

Depression and older people

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

Depression is often not recognised and can seriously effect 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. On average, one in five people will experience depression in their lifetime; one in four women and one in six 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.

The '*beyond maturityblues*' project is a National Program conducted in all States and Territories across Australia through COTA organisations and the Seniors Peer Education Centre in New South Wales.

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 COTA's



'*beyond maturityblues*'

**Information sessions
for
Seniors Clubs
and Groups**

Developed by COTA SA

June 2007



Book a free 'beyond maturityblues' Information Session

Peer Educators from COTA in all States and Territories across Australia, and the Seniors Peer Education Centre (NSW) 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.

The sessions are presented **free of charge** to seniors groups and clubs with handouts and giveaways provided.

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

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

For further information on depression contact *beyondblue* on www.beyondblue.org.au or by phoning 1300 22 4636

For more information or to book a session contact or post the attached booking form to the COTA in your State or Territory.

Seniors Peer Education Centre (NSW)

Locked Bag 1100, Surry Hills 2010
Phone: 02 8219 4231

COTA ACT

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

COTA NSW

Level 4, 280 Pitt Street, Sydney 2000
Phone: 02 9286 3860

COTA NT

GPO Box 852, Darwin NT 0801
Phone: 08 8941 1004

COTA Q

GPO Box 21, Brisbane 4001
Phone: 07 3316 2999

COTA SA

45 Flinders Street, Adelaide 5000
Phone 08 8232 0422

COTA TAS

2 St. Johns Avenue,
New town Tasmania 7008
Phone: 03 6228 1897

COTA VIC

4th Floor, Block Arcade
98 Elizabeth Street, Melbourne
Phone: 03 9654 4443

COTA WA

P.O Box 866, West Perth 6872
Phone 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 hr) _____

Any special requests?
