

Canadore Seniors Mental Health Clinic



Mental health matters



FOCUS ON THE WHY



The objective of this project is to create a platform where the elderly can openly discuss their emotions and identify potential signs of depression they may be encountering. The goal is to offer support and resources to this often overlooked demographic, ensuring they feel equally valued and cared for, similar to the attention given to students experiencing depression.

METHOD

To execute this project, we plan to offer clients access to a designated interviewing room for mental health assessments. We will utilize scale assessments to gauge the presence of depression and assess their willingness to engage in treatment. Additionally, personalized care plans will be developed to clients with resources and support that they can incorporate into their daily lives.

EVALUATION



In terms of evaluating this program, we will continuously gauge the satisfaction of clients regarding how well their needs are being met. We will also administer end-of-care surveys for them to complete, allowing us to enhance and refine the program over time based on their feedback.

BENEFITS

Enables students to enhance professionalism, gain greater confidence in working with diverse patient groups, and enhance clinical skills. Provides the elderly population with a platform to express emotions they may not have previously shared. Offers students the chance to broaden their understanding and implementation of care plans in a supervised environment.

DID YOU KNOW?

Late-life Depression: a depressive disorder diagnosed in individuals aged 60 years or older. It is underdiagnosed and inadequately treated.



DID YOU KNOW?

Risk Factors include: Systemic illness, uncontrolled pain, limited education, lack of social support, smoking, alcohol consumption, sedentary lifestyle, and cancer.

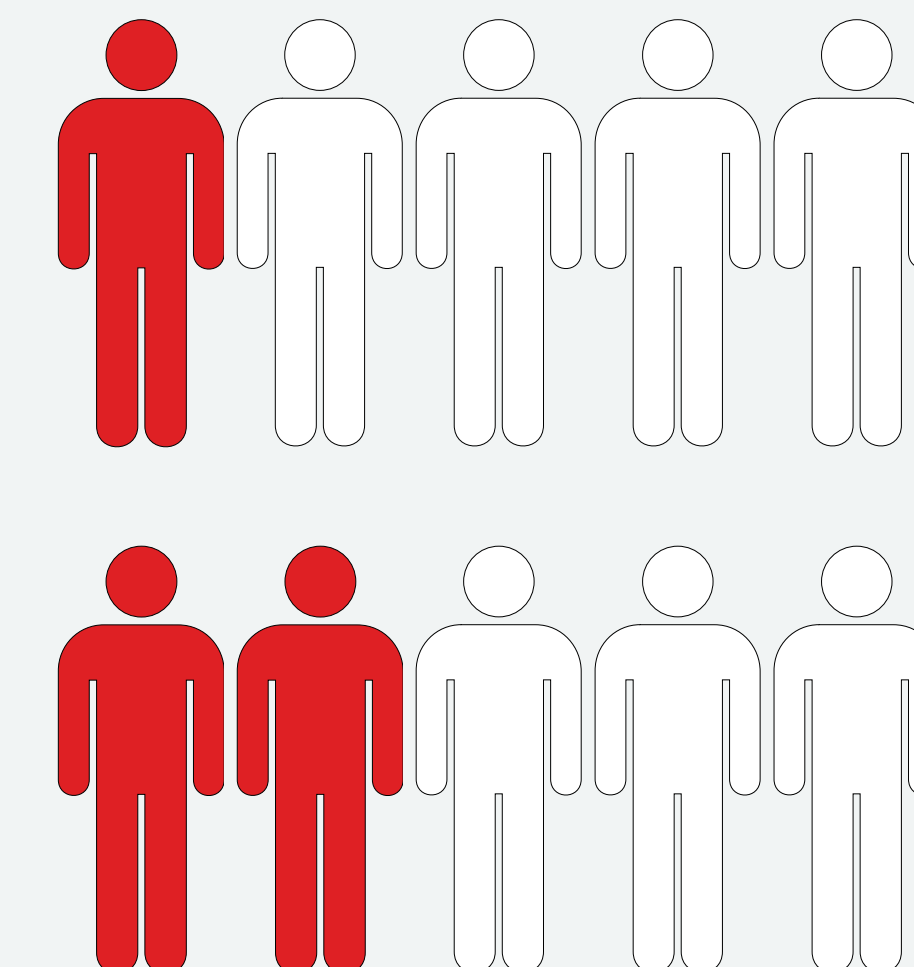
DID YOU KNOW?

There is a significant relationship between loneliness and depression in both men and women.



DID YOU KNOW?

20% of older adults have symptoms of depression
40% for those in hospitals and long-term care homes



DID YOU KNOW?

Different cultural norms, beliefs, and values may shape how depression is perceived and reported among elderly individuals. Some cultures may stigmatize mental health issues, leading to underreporting or reluctance to seek help.

