

MindEd for Families

Supporting Older People

MindEd gives safe and reliable information and guidance to older people along with their family and friends who may be concerned about their mental health.

You can access free online information and practical advice on a wide range of areas, including:

- ✔ Coping strategies
- ✔ When to get help
- ✔ Feelings of isolation
- ✔ Supporting an older person in difficult circumstances



Find out more:
www.mindedforfamilies.org.uk

Twitter: @MindEdUK



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The MindEd programme is delivered by the MindEd Consortium:

Royal College of Psychiatrists / Royal College of Paediatrics and Child Health / British Psychological Society / Royal College of Nursing / Royal College of General Practitioners / National Children's Bureau / Royal Pharmaceutical Society / Age UK

In partnership with:

Health Education England/ e-Learning for Healthcare / Department of Health / British Association of Counselling and Psychotherapy

Are you an older person and concerned about your own mental health?

or

Are you a family member or friend of an older person and concerned about their mental health?

www.mindedforfamilies.org.uk

MindEd for Families gives older people evidence based and expert information on a wide range of topics concerning their mental health, including:

- Poor memory (but not dementia)
- Acute confusion
- Insomnia
- Anxiety
- Loneliness
- Post-traumatic stress disorder

Plus much more...

All of these topics were written by experts and older people working together to make sure that they are relevant and engaging.

