

MENTAL HEALTH FIRST AID (OLDER PERSON)

Overview

Mental Health First Aid training is a course that raises the awareness of mental health issues in the community. In addition to teaching the course participants on how to identify people who may be developing or having mental health problems, the course also imparts basic first aid steps that a person can apply to help the person in mental health crisis until the person is referred for professional help.

In order to cater to the needs of the ageing population in Singapore, Mental Health First Aid Singapore has been revised to cater to the needs of this population – Mental Health First Aid Singapore (Older Person). MHFA (Older Person) is necessary as it is recognised that mental health issues in older persons are often managed differently compared to mental health issues in the general adult population. MHFA (Older Person) also includes a module on confusion in older persons, which is a common presentation in mental disorders in older persons, such as dementia, delirium, psychosis, and other organic brain syndromes. MHFA (Older Person) also uses video clips which are specific to the older population.

The course is targeted at those without prior knowledge of mental health issues. However, it is also relevant to those who are working with clients with mental health problems as the practical first aid steps provide a basic and systematic framework from which they can assist someone in acute mental health crisis.

Programme

The topics covered are: (3 hours each module, excluding tea and lunch breaks)

Day 1(am): Module 1

- 1) Introduction to Mental Health
- 2) Psychosis in the older person
Practical First Aid step:
What to do if a psychotic older person is threatening violence
What to do if the person does not want help

Day1 (pm): Module 2

- 3) Depression in the older person
Practical First Aid step:
How to help the older person having suicidal ideas

Day 2 (am): Module 3

- 4) Anxiety disorders in the older person
Practical First Aid step:
How to help the older person having panic attacks
How to help the older person who has experienced a traumatic event

Day2 (pm): Module 4

- 5) Confusion in the older person and self-care
Practical First Aid step:
How to help the older person who is confused