

جایگاه مراقبت روان پزشکی سالمندان در نظام سلامت ایران

مصطفی فرح بخش
گروه روان پزشکی
دانشگاه علوم پزشکی تبریز

email: mfarahbakhsh@gmail.com

- the population is ageing rapidly. Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double, from 12% to 22%.
- Mental health and well-being are as important in older age as at any other time of life.
- Approximately 15% of adults aged 60 and over suffer from a mental disorder

Risk factors for mental health problems among older adults

- There may be multiple risk factors for mental health problems at any point in life.
- Older people may experience life stressors common to all people, but also stressors that are more common in later life, like a significant ongoing loss in capacities and a decline in functional ability.

Risk factors for mental health problems among older adults

- older adults may experience reduced mobility, chronic pain, frailty or other health problems, for which they require some form of long-term care. In addition, older people are more likely to experience events such as bereavement, or a drop in socioeconomic status with retirement.
- All of these stressors can result in isolation, loneliness or psychological distress in older people, for which they may require long-term care.

Risk factors for mental health problems among older adults

- Mental health has an impact on physical health and vice versa.
- older adults with physical health conditions such as heart disease have higher rates of depression than those who are healthy.
- untreated depression in an older person with heart disease can negatively affect its outcome.

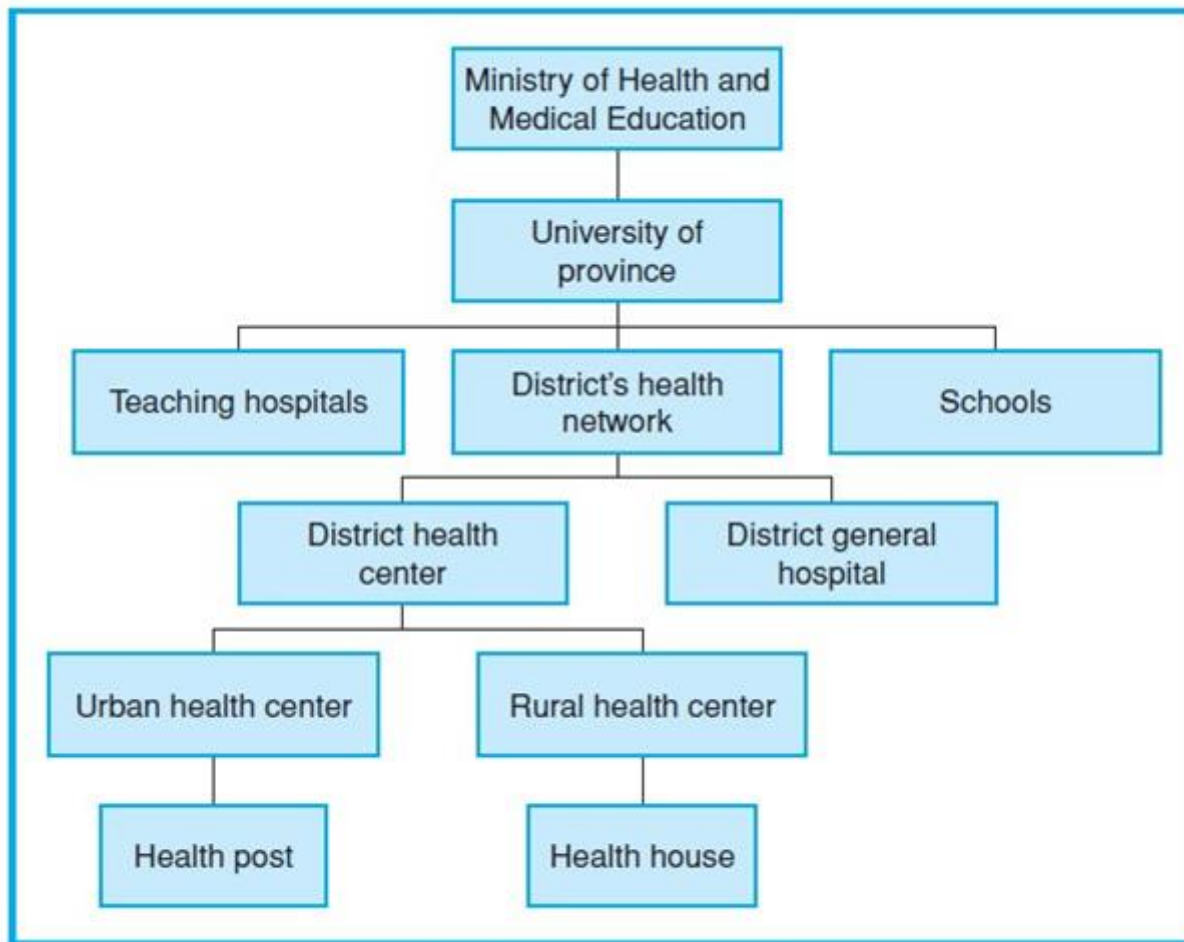
Risk factors for mental health problems among older adults

- Older adults are also vulnerable to elder abuse - including physical, verbal, psychological, financial and sexual abuse; abandonment; neglect; and serious losses of dignity and respect.
- Current evidence suggests that 1 in 6 older people experience elder abuse.
- Elder abuse can lead not only to physical injuries, but also to serious, sometimes long-lasting psychological consequences, including depression and anxiety.

Principles of Geriatric Psychiatry

1. Older adults are the most heterogeneous group in the population.
2. The demographics of aging are shifting.
3. Assessment is different in older age.
4. Disorders may present differently.
5. Treatment may be different.
6. The course of disorders may be different.
7. Aging is characterized by both longstanding conditions and late-onset conditions that may become chronic.

8. Nearly all older adults with psychiatric disorders will have comorbid conditions.
9. There is continuity in personality.
12. It is essential to view the treatment goals for older adults with mental illness in the context of a life course trajectory.
13. Disorders overlap with respect to neuropathology and symptoms.
14. Mental illness in older age is complex.



Health system network in Iran