



13 September 2018

# Depression in older people

## For GPs and practice nurses

Depression in old age is common, affecting patients and their carers, and resulting in the increase health service utilisation and costs. General practitioners (GPs) are often the first point of contact for patients experiencing mental health issues with depression comprising a third of all mental health-related GP encounters. Depression in older people is a serious public health issue that needs to be appropriately managed given its strong association with significant mortality and morbidity.

### Presented by:

Professor Kuruvilla George is Director of Medical Services at Peter James Centre and Wantirna Health, and Clinical Director of Aged Person's Mental Health and ECT for Eastern Health.

KG, as he is fondly known, is also a Clinical Associate Professor at Monash University and Adjunct Associate Professor at Notre Dame University. KG was the Deputy Chief Psychiatrist for the State of Victoria from 2002 to 2012.

### Learning outcomes

This interactive session will include the following:

- prevalence, aetiology and burden of depression in older people
- reasons why depression in older people is underdiagnosed and undertreated
- diagnostic framework for depression in older people that links with treatment
- appropriate pharmacological management strategies
- effective cognitive and behavioural treatments
- structured care of older patients with depression to reliably improve patient safety.

### Event Details

Date: Thursday 13 September 2018

Venue: EMPHN  
18-20 Prospect Street  
Box Hill Vic 3128

Time: **6.30pm** registration & light supper  
**7.00 – 9.00pm** session

Parking: Limited free street parking at this time.  
Paid parking available at Box Hill Central Shopping Centre.

RSVP: Monday 10 September 2018

Registration

[Register now](#)

Enquiries: Josie Terron 9046 0300 or  
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