



PLENARY SESSION EIGHT	
Event Code: LEE22-00523 World Mental Health Congress London Mental Health a Global Priority, London, UK 28/06/2022-01/07/2022	
Your details (as you want them listed in the programme)	Manuel Gonçalves-Pereira
Date and time of your plenary session	Thursday 30 June 2022 14:30-16:10hrs Overall Session Theme: Dignity and rights
Duration	20 mins
Proposed title (please complete)	Caring for older adults
Learning Objectives (please complete)	At the end of this talk, the audience will be able to: <ul style="list-style-type: none">– enlist the major mental health and neurocognitive challenges regarding older adults;– discuss important challenges and opportunities regarding formal and informal care of older adults, as related to their dignity and rights.
Abstract (max 500 words)	<p>The world population is ageing. Many older people live many healthy years, but the so-called ‘compression of morbidity’ positive predictions remain a matter of debate. For instance, social inequalities in early adulthood may imply major health and well-being inequities as people grow older.</p> <p>Anyway, brain and mind both face challenges throughout the late stages of the life cycle. Variability in brain ageing is due to interactions between genetic risk factors, epigenetics and environmental/lifestyle determinants. Moreover, social isolation and loneliness, which may be prominent in late life, pose important issues concerning the risk of neurocognitive or affective disorders.</p> <p>Overall, ageing implies a higher risk of cognitive impairment and dementia. Depression and anxiety are also prevalent conditions in old age. Late life psychosis may be less frequent but shares with all the previous the imposition of a high burden on persons and their families. Caring for these older adults is, on the one hand, an ethical and practical need, and on the other hand it poses challenges and problems to all involved. This is so in what concerns formal care (e.g., in nursing homes, day centers or home support services) and informal care (mostly by relatives and at home). Overall, dignity and rights are core issues to address.</p> <p>Taking dementia as an example but considering older adults’ mental health conditions in general, this talk discusses how primary care is fundamental to users and families; barriers and facilitators to access and use of community formal care; challenges related with informal care; and how systemic, family-sensitive approaches are important.</p>
Key references or resources (maximum five)	1. Balsinha, C., Gonçalves-Pereira, M., Iliffe, S., et al. (2019). Health-Care Delivery for Older People with Dementia in Primary Care. In G. O. Ivbijaro & C. Mendonça-Lima (Eds.), Primary Care Mental Health in



- Older People (pp. 311–329). Springer, Cham.
<https://doi.org/10.1007/978-3-030-10814-4>
2. Gonçalves-Pereira, M. (2017). Toward a Family-Sensitive Practice in Dementia. In A. Verdelho & M. Gonçalves-Pereira (Eds.), *Neuropsychiatric Symptoms of Cognitive Impairment and Dementia* (pp. 349–368). Springer. https://doi.org/10.1007/978-3-319-39138-0_16
 3. Gonçalves-Pereira, M., Zarit, S. H., Cardoso, A. M., et al. (2020). A comparison of primary and secondary caregivers of persons with dementia. *Psychology and Aging*, 35(1), 20–27. <https://doi.org/10.1037/pag0000380>
 4. Kerpershoek, L., de Vugt, M., Wolfs, C., et al. (2020). Is there equity in initial access to formal dementia care in Europe? The Andersen Model applied to the Actifcare cohort. *International Journal of Geriatric Psychiatry*, 35(1), 45–52. <https://doi.org/10.1002/gps.5213>
 5. Zhang, F., Cheng, T.-S., & Gonçalves-Pereira, M. (2020). Factors contributing to protection and vulnerability in dementia caregivers. In C. R. Martin & V. R. Preedy (Eds.), *The Neuroscience of Dementia, vol 2 (Genetics, Neurology, Behavior, and Diet in Dementia)* (pp. 709–722). Academic Press, Elsevier. <https://doi.org/10.1016/B978-0-12-815868-5.00045-1>