FC22: Characteristics of elder patients seen in a mental health clinic in Cali-Colombia in 2023

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Objectives: To identify the characteristics and principals' diagnosis of the older patients of a mental service in order to design the basis of an intervention plan.

Methods: Retrospective longitudinal observational study based on a secondary database provided by Mentalitat. **Results**: On a year 30% of the attention were over 60 years old, 70% of them was women with anxiety disorder, mixed anxiety-depression disorder, and mayor neurocognitive disorder. Almost half of the dementias had not reported etiology despite the repeat attentions.

Conclusions: In order to improve the mental state and reduce hospitalization interventions should be focused on women with anxiety or/and depression and brain health to influence the incidence of neurocognitive impairment and the quality of life; emphasizing dementia training for mental health care.

FC23: Impact of a co-designed older carer mental and physical health service in Australia: Preliminary results of a pilot study

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Objectives: Older people with care needs are often supported by their older care-partners (50+). Over time, the increased demand in care needs can result in the care partner placing their own health needs aside. This study was aimed at establishing and piloting a novel co-designed Carer Health and Wellbeing Service (CHWS) that offers multidisciplinary (social work, psychology, occupational therapy, and physiotherapy) one-to-one support to care partners.

Methods: We conducted a pre-post 6-month study design including qualitative and quantitative Methods. Consenting individuals attending the CHWS completed five measures pre- and post- their interaction with the CHWS: Carer Support Needs Assessment Tool (CSNAT); Preparedness for Caregiving Scale (PCS); Family Appraisal of Caregiving Questionnaire (FACQ); EuroQoL Five Dimension Five Level Scale (EQ-5D-5L); and Health Economics Survey.

Results: Service operation commenced 1 day/week in March 2024 with 16 participants to date. Preliminary pre-service use indicates care partners feel underprepared for the carer role (particularly emotionally and psychologically), experience high levels of guilt when addressing their own care needs and are unsure about how to advocate or navigate the existing support system. Care partners have been coached to identify, prioritize, and address their current health and wellbeing needs. Additional findings regarding the implementation of the CHWS will be reported in this presentation.

Conclusions: The preliminary sample presents several emotional and psychological needs that need addressing. These will inform the type of support services to be provided as part of the CHWS, which will also be presented at the conference.