

Unit Outline (Higher Education)

Institute / School: Institute of Health and Wellbeing

Unit Title: Mental Health in the Older Person

Unit ID: HEALA6404

Credit Points: 15.00

Prerequisite(s): Nil

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED: 060311

Description of the Unit:

Mental health presentations occur across lifespan including older adults. This unit covers a broad range of content that relates to the mental health and wellbeing of older adults. The concept of mental health, mental illness, mental health wellbeing as a continuum will be explored. The unit will explore the biopsychosocial model of ageing and mental health and also cover common mental health disorders as well as severe mental illnesses that occurs among the elderly population. Systematic approach to mental health assessment which includes comprehensive mental health history, mental state examination, mini mental state examination, risk assessment will also be covered. Additionally, interventions and treatment approaches (including psychopharmacological and non-pharmacological) within a recovery-oriented framework will also be covered. The unit would also provide the learners with the available mental health and support services that promote the recovery of people with lived experience of mental illness and their carers.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	■	■	■	■
Intermediate	■	■	■	✓	■	■
Advanced	■	■	■	■	■	■

Learning Outcomes:
Knowledge:

- K1.** Discuss mental health, illness and wellness amongst older adults.
- K2.** Describe key models of mental health care approaches for older adults.
- K3.** Determine the role of the health professional in the provision of mental health care for older adults.
- K4.** Understand the principles of the Mental Health and Wellbeing Act as it relates to the care of older adults living with a mental illness.
- K5.** Utilise the principles of a culturally sensitive approach when providing care to older adults living with mental illness.

Skills:

- S1.** Demonstrate therapeutic communication skills to form a relationship with older adults requiring care from a mental health professional.
- S2.** Perform a mental health assessment including mental state examination and risk assessment.
- S3.** Critically analyse therapeutic interventions and psychopharmacology used in the care of older adults living with a mental illness.
- S4.** Use critical thinking and evaluation skills to analyse the complex mental health care needs of older people.

Application of knowledge and skills:

- A1.** Engage and develop therapeutic relationships with older adults experiencing mental health issues.
- A2.** Implement recovery care plans for older adults experiencing mental illness.
- A3.** Utilise evidence-based practice to deliver care to older adults living with a mental illness.

Unit Content:

Topics may include:

1. Introduction to mental health, illness and wellbeing
2. Mental health of older adults
3. Common mental health disorders
4. Recovery oriented practice in mental health
5. Mental health assessments for older adults
6. Mental Health and Wellbeing Act
7. Psychopharmacology for older adults
8. Culturally Safe Mental Health Practice
9. Mental Health Treatment and Support Services

FEDTASKS

Federation University Federation recognises that students require key transferable employability skills to prepare them for their future workplace and society. FEDTASKS (**T**ransferable **A**tttributes **S**kills and **K**nowledge) provide a targeted focus on five key transferable Attributes, Skills, and Knowledge that are embedded within curriculum, developed gradually towards successful measures and interlinked with cross-discipline and Co-operative Learning opportunities. *One or more FEDTASK, transferable Attributes, Skills or Knowledge must be evident in the specified learning outcomes and assessment for each FedUni Unit, and all must be directly assessed in each Course.*

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 1 Interpersonal	Students will demonstrate high-level skills to effectively communicate, interact and work with others both individually and in groups Students will be required to display (in person and/or online) high-level skills in-person and/or online in: <ul style="list-style-type: none"> • Effective verbal and non-verbal communication via a range of synchronous and asynchronous methods • Active listening for meaning and influencing • High-level empathy for others • Negotiating and demonstrating extended conflict resolution skills • Working respectfully in cross-cultural and diverse teams 	Not applicable	Not applicable
FEDTASK 2 Leadership	Students will demonstrate the ability to apply leadership skills and behaviours Students will be required to display skills in: <ul style="list-style-type: none"> • Creating, contributing to, and enabling collegial environments • Showing self-awareness and the ability to self-reflect for personal growth • Inspiring and enabling others • Making informed and evidence-based decisions through consultation with others • Displaying initiative and ability to solve problems 	Not applicable	Not applicable
FEDTASK 3 Critical Thinking and Creativity	Students will demonstrate an ability to work in complex and ambiguous environments, using their imagination to create new ideas Students will be required to display skills in: <ul style="list-style-type: none"> • Reflecting critically on complex problems • Synthesising, evaluating ideas, concepts and information • Proposing alternative perspectives to refine ideas • Challenging conventional thinking to clarify concepts through deep inquiry • Proposing creative solutions in problem solving 	Not applicable	Not applicable
FEDTASK 4 Digital Literacy	Students will demonstrate the ability to work proficiently across a range of tools, platforms and applications to achieve a range of tasks Students will be required to display high-level skills in: <ul style="list-style-type: none"> • Finding, accessing, collating, evaluating, managing, curating, organising and appropriately and securely sharing complex digital information at a high-level • Receiving and responding to messages in a range of digital media • Using digital tools appropriately to conduct research • Contributing proficiently to digital teams and working groups • Participating in and utilising digital learning opportunities 	Not applicable	Not applicable

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 5 Sustainable and Ethical Mindset	Students will demonstrate the ability to think ethically and sustainably. Students will be required to display skills in: <ul style="list-style-type: none"> • The responsible conduct of research • Making informed judgments that consider the impact of devising solutions in multiple global economic environmental and societal contexts • Demonstrating commitment to social responsibility as a professional and a citizen • Generating research solutions which are sustainable, ethical, socially responsible and/or sustainable • Extending lifelong, life-wide and life-deep learning to be open to diverse others • Demonstrate extended actions to foster sustainability in their professional and personal life. 	Not applicable	Not applicable

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, K4, K5	Written Essay- this task will explore contemporary mental health issues in the older adult	Essay	40-60%
K1, K2, K3, S1, S2, S3, S4, A1, A2, A3	Evidence based Mental Health Care plan for an older adult including a reflective practice element	Written task	40-60%

Adopted Reference Style:

APA ()

 Refer to the [library website](#) for more information

 Fed Cite - [referencing tool](#)