Canadian Mental Health Association Calgary

LIVING LIFE TO THE FULL
helping you to help yourself

Older Adults

Living Life to the Full

PURPOSE

Canadian Mental Health Association (CMHA) has committed to promoting mental health and resiliency across the life span. Older adults experience unique physical, psychological, and social changes that may challenge their mental health.

1 in 4 seniors lives with a mental health problem or mental illness. This rate is projected to be higher than any other age group by 2041[1].

WHY IS THIS RATE SO HIGH FOR OLDER ADULTS?

- Loss of family and friends
- Loneliness
- Caregiving challenges
- Social isolation
- Physical and chronic health issues
- Transition to retirement

1. Smetanin, P., Stiff, D., Briante, C., Adair, C., Ahmad, S., & Khan, M. (2011). The life and economic impact of major mental illnesses in Canada: 2011 to 2041. RiskAnalytica, on behalf of the Mental Health Commission of Canada.

THE COURSE

12 Hours. 8 Sessions. Group-based, interactive fun. This course was developed by Dr. Chris Williams, an expert in Cognitive-Behavioural Therapy (CBT) and professor of Psychosocial Psychiatry at the University of Glasgow, Scotland, UK.

Learn more about the course at LLTTF.CA

DELIVERIES

79 Older adults registered in the program over the course of 9 months.

Sessions delivered in Calgary and High River.

- **80% Female**
- **92% Retired**
- **62% Single, Divorced, or Widowed**
- **92% Aged 65+**

"I have done CBT at hospital level (I have bi-polar) but I get more out of this."

"Just a wonderful way to learn to cope better - I have learned so much more from this course. I seem to understand better but still know I have a long way to go."

"So much covered in a concise form. Good feeling environment. Enjoyed it very much. Reinforces taking charge of feelings."

87% Completion Rate

92%

Would recommend to someone else

OUTCOMES

As a measure of the impact this workshop made to participants' mental well-being, they were asked to complete the Warwick-Edinburgh Mental Well-being Scale (14 questions) upon commencement of their workshop and at the end.

Feeling 16% more *optimistic* about the future

Feeling 18% *closer* to other people

Feeling 15% more *confident*

Feeling 11% more *useful*

Feeling 17% more *cheerful*

13% *dealing with problems* better

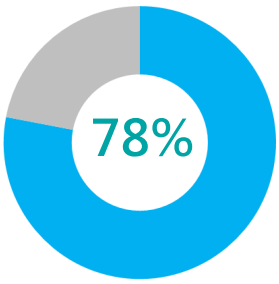
Feeling 19% more *relaxed*

Feeling 16% more *interested in others*

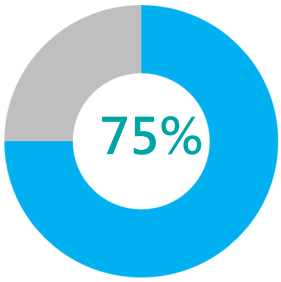
OUTCOMES

Participants who completed the sessions were invited back to celebrate their successes. As part of these sessions, participants were asked to complete a graduate survey.

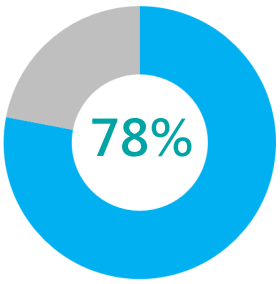
Up to 6 months after the course...



Report they have goals in life and believe they can be reached



Report they know when to and are willing to ask for help



Report that fear does not stop them from living life and can handle what happens

"A definite help through tough times."

"I can relax a little better now."

"This course made me feel ***worth something*** I have not felt for a long time."

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CONTACT US

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Draft August 2015