Steve Davies

National Clinical Advisor for Older People

Still Talking:

Access for Older People to psychological therapy in England

Telling Stories

- Peter
- "I haven't been out on my own for nine years."
- Gladys
- "I feel that nothing is worthwhile anymore."

Why is IAPT good for older people?

- Focused on Clients' needs and world

- Systematically challenges world views

- Based on evidence not prejudice

- Structured approach to problem attack

What about Older People?

- Can't change, Won't change

- Don't "get" Psychological Therapy

- The legacy of the stiff upper lip

- Always moaning about physical stuff

Some IAPT Data

Referrals

	65-74	75-89	90+	All 65+	%
Q1	9280	3970	180	13430	5.98
Q2	10018	4432	190	14640	5.65

Completers

	65-74	75-89	90+	All 65+	%
Q1	3700	1260	30	4990	6.35
Q2	4140	1510	30	5680	6.54

No, Really, what about IAPT for Older People?

- They do better in CBT trials. IF THEY COME YOU WILL TREAT THEM

- They are the most diverse group to reach

- They are the most challenging to engage

The Five Cs

- Co-morbidity
- Cognition
- Caring
- Cohort
- Context

Stone et al, 2009
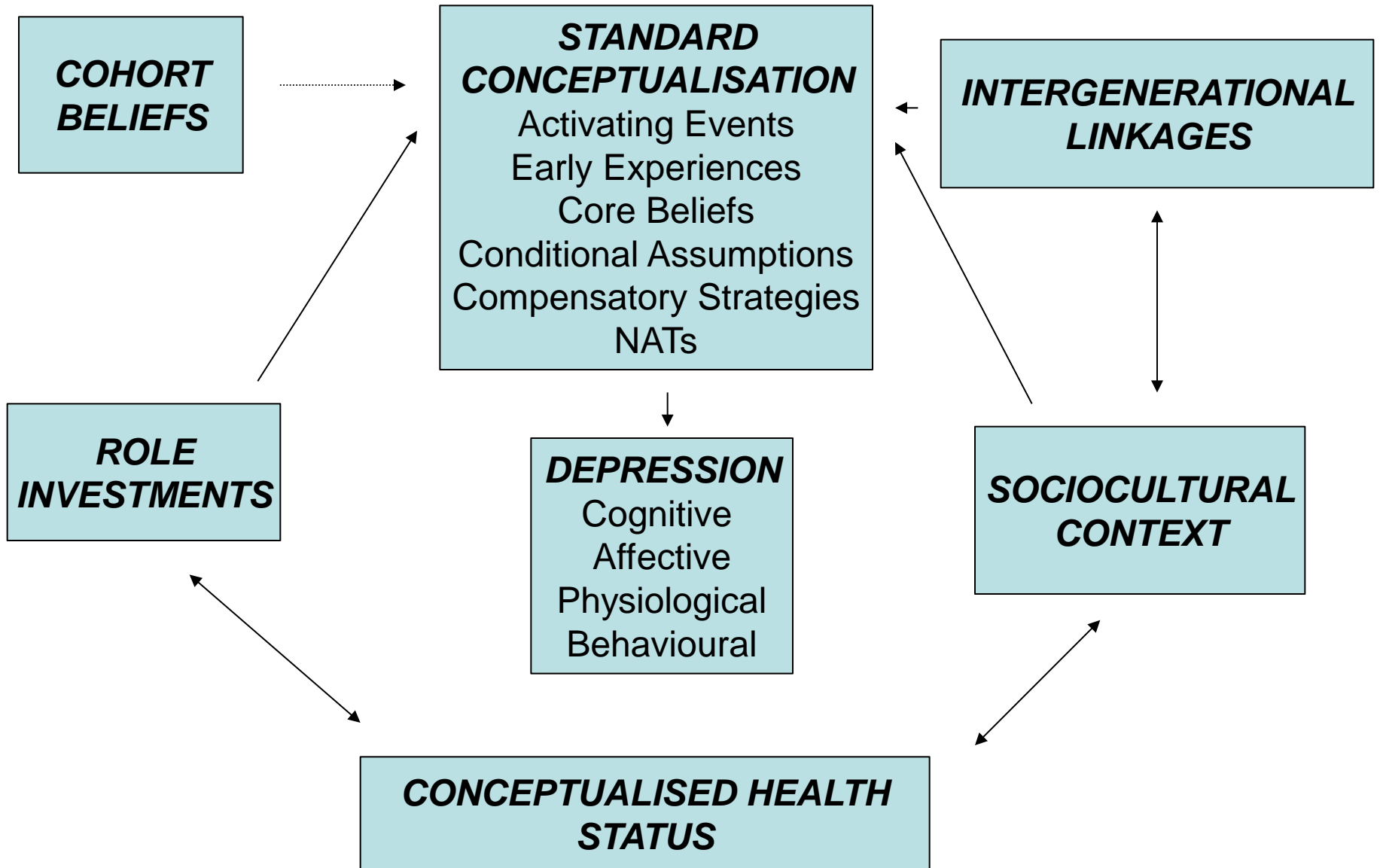
The Purpose of IAPT for everyone

- To improve Treatment Success

- To reduce Treatment Failure

- To know the Difference between them

- To build Responsivity in therapists
(Wykes, 2009)

The purpose of IAPT for older people

- To increase wellbeing in later life

- To allow equitable access to therapy

- To assist with role change (IPT)

- To optimise resilience in physical health

COGNITIVE MODEL FOR CBT WITH OLDER ADULTS (Laidlaw et al, 2003)

COHORT BELIEFS

STANDARD CONCEPTUALISATION
Activating Events
Early Experiences
Core Beliefs
Conditional Assumptions
Compensatory Strategies
NATs

INTERGENERATIONAL LINKAGES

ROLE INVESTMENTS

DEPRESSION
Cognitive
Affective
Physiological
Behavioural

SOCIOCULTURAL CONTEXT

CONCEPTUALISED HEALTH STATUS

Barriers to Effective Access

- Physical barriers for older people

- Psychological barriers for older people

- Social barriers for older people

- The institutional nature of these barriers

Worrying Stuff

- What the NAPT Second Audit says

- Age Equality is a discrimination issue

- No treatment impacts all Health and Social Care

- It is just not right so we can learn from it

More about those stories

- The problem of self-stigmatisation

- A lifetime of choking

- The problem of a lonely old age

- The problem of embarrassment

And what will the future bring?

- Improving data can allows us to ask awkward questions

- Improving access for older people will improve IAPT

- If we can get it right for older people we can get it right for everyone

- We can transform the experience of ageing

And we can do what?

- Time to combat ageism

- Time to use data effectively

- Time to make older people a resource

- Time to get smart about future health