Mental Health is Important to Healthy Aging

Mental Health is Critical to Both Social and Physical Well-Being

Mental health is an important part of healthy aging. The Aging and Disability Resource Center's "Older Adult Behavioral Health Asset Mapping Study" took a year-long look at the unmet behavioral needs of older adults in Connecticut.

Crisis in Unmet Needs of Older Adults

Growing Older Population
Between 2012 & 2030, the population of adults age 60+ in Connecticut will increase by 30% (U.S. AoA, 2012)

Greater Incidence of Chronic Illness
An aging population means more chronic illness

Missed Identification
Missed identification and/or treatment for mental health and/or addiction disorders (e.g. depression, anxiety, substance abuse, suicide risk, etc.)

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Poor Health Outcomes

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Higher Health Care Costs

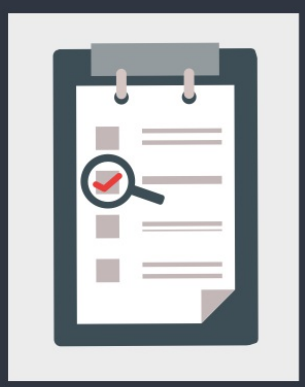
Resource Issues

LIMITED ACCESS TO SERVICES
(e.g. shortage of geriatric providers, inadequate transportation)

UNEVEN QUALITY OF CARE
(e.g. limited geriatric-trained personnel, lack of integrated services)

SILO MENTALITY
(e.g. organizational barriers that separate mental health, physical health and aging services)

COST OF SERVICES
(e.g. restrictive insurance structures under Medicare, Medicaid, private insurance, etc.)



Recommendations

TREATMENT WORKS!

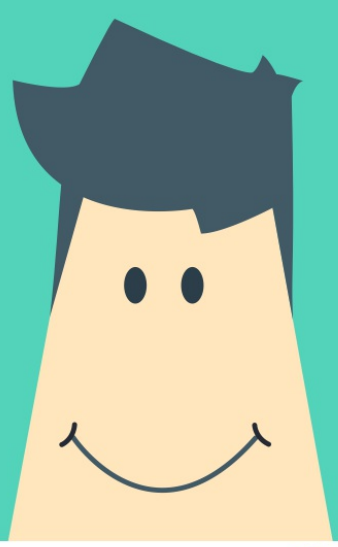
Increase education, awareness and access

Integrate behavioral health, physical health and aging services

Develop geriatric provider workforce

Utilize existing programs and services

Continue data gathering and analysis



State Department on Aging – Growing Older Together –

For more information: www.ct.gov/SDA/nowrongdoor

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