

Aging and Mental Health: *Challenges and Opportunities*

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Roslyn Shields, Senior Policy Analyst, CAMH

Dr. Tarek Rajji, Executive Director, Toronto Dementia Research Alliance (TDRA), Chair of Medical Advisory Committee, CAMH

Debra Walko, VP Client Care & Experience, LOFT Community Services

The Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health teaching hospital and one of the world's leading research centres in its field.

CAMH conducts groundbreaking research, provides expert training to healthcare professionals and scientists, develops innovative health promotion and prevention strategies and advocates on public policy issues with all levels of government.

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Aging and Mental Health Policy Framework

What is a policy framework?

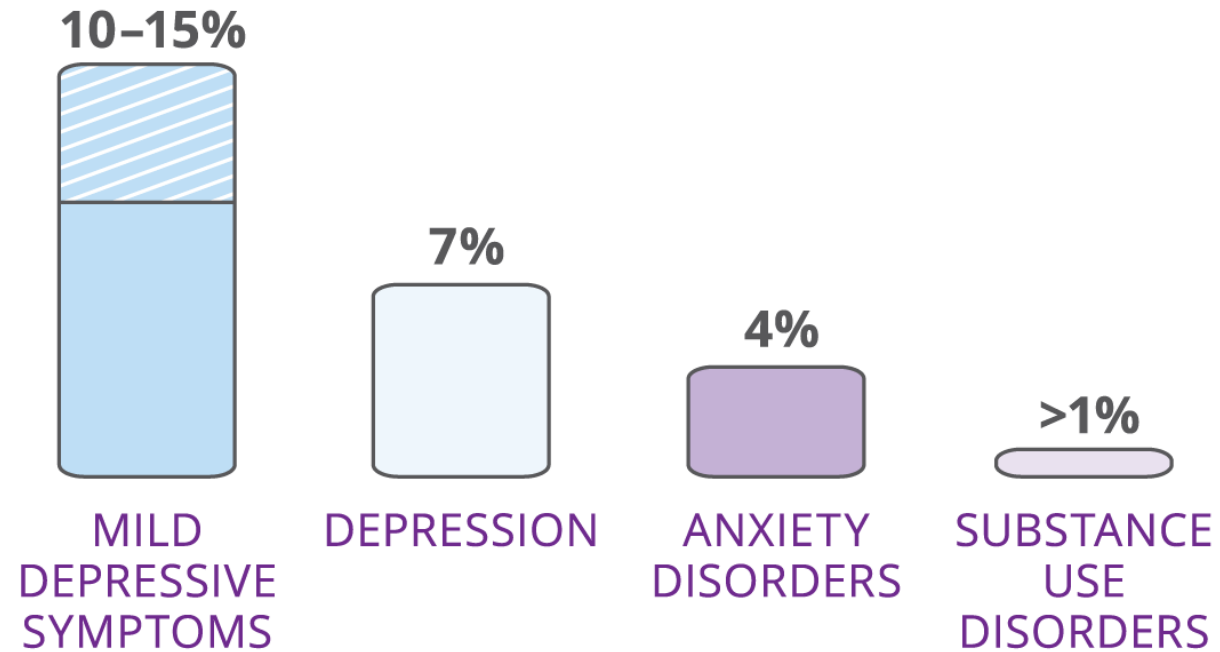
- A document that reviews evidence, summarizes the current environment and proposes evidence-informed principles to guide public policy

Why focus on aging?

- About 1 in 5 Canadian seniors are living with mental illness or dementia.
- Mental illness and dementia can have a significant impact on the quality of life of seniors and their loved ones, and increase health care system costs.

<https://www.camh.ca/-/media/files/pdfs---public-policy-submissions/camh-aging-and-mental-health-policy-framework-pdf.pdf>

Mental Illness in Later Life



Mild depressive symptoms and depression are the most common mental health problems experienced by older adults

Barriers to care and supports

- Mental illness is under-recognized and under-treated in older adults
- Home and community care is under-resourced
- Long-term care facilities are not equipped to meet the needs of residents with complex health and behaviour needs
- Information, supports and resources for caregivers are limited

Health and social inequities

Health and social inequities are also barriers to care and supports, and impact older adults' mental health. These inequities include:

- Ageism and mental health stigma
- Racism and colonialism
- Homophobia and transphobia
- Poverty, financial hardship and housing insecurity
- Social isolation and loneliness

Opportunities for improving older adults' mental health

PRINCIPALS FOR A COMPREHENSIVE APPROACH TO AGING AND MENTAL HEALTH

1

Older adults must have access to evidence-informed mental health treatment



2

Older adults with mental illness and dementia, and their caregivers, should receive the care and supports needed to live safely and with dignity in settings of their choosing



3

Equity, diversity and inclusion must be embedded in all mental health and dementia treatment, care and supports for older adults



4

Policy, programs and practices should support mentally healthy aging



5

Governments at all levels must prioritize and invest in seniors' mental health and wellness

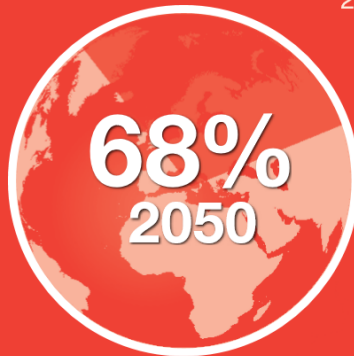
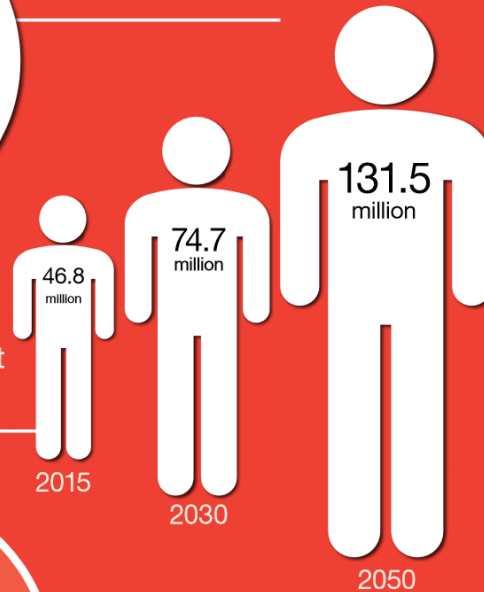


INFOGRAPHIC

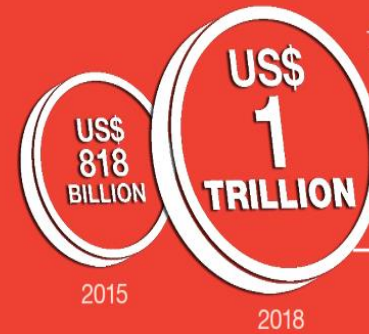
The global impact of dementia



46.8 million people worldwide are living with dementia in 2015. This number will almost double every 20 years.



Much of the increase will take place in low and middle income countries (LMICs): in 2015, 58% of all people with dementia live in LMICs, rising to 63% in 2030 and 68% in 2050.



The total estimated worldwide cost of dementia in 2015 is US\$ 818 billion. By 2018, dementia will become a trillion dollar disease, rising to US\$ 2 trillion by 2030

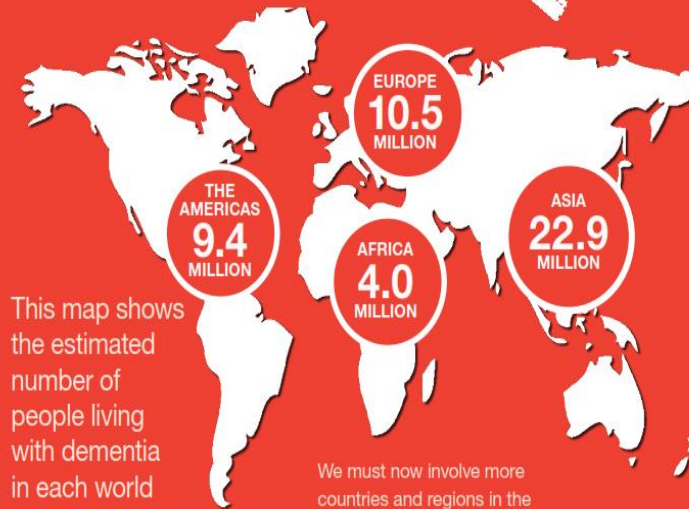
If global dementia care were a country, it would be the

18th largest economy

in the world exceeding the market values of companies such as Apple and Google



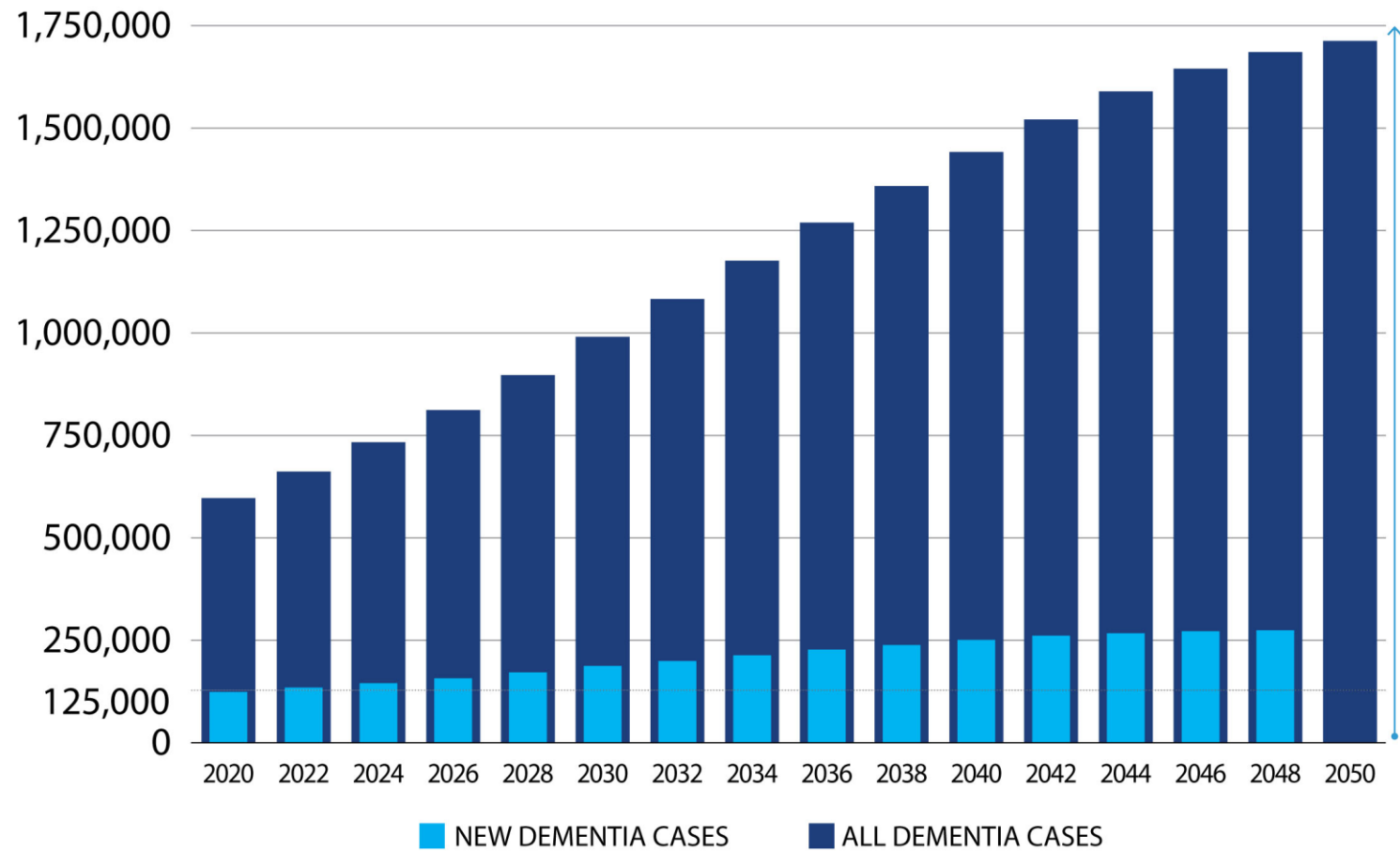
(source: Forbes 2015 ranking).



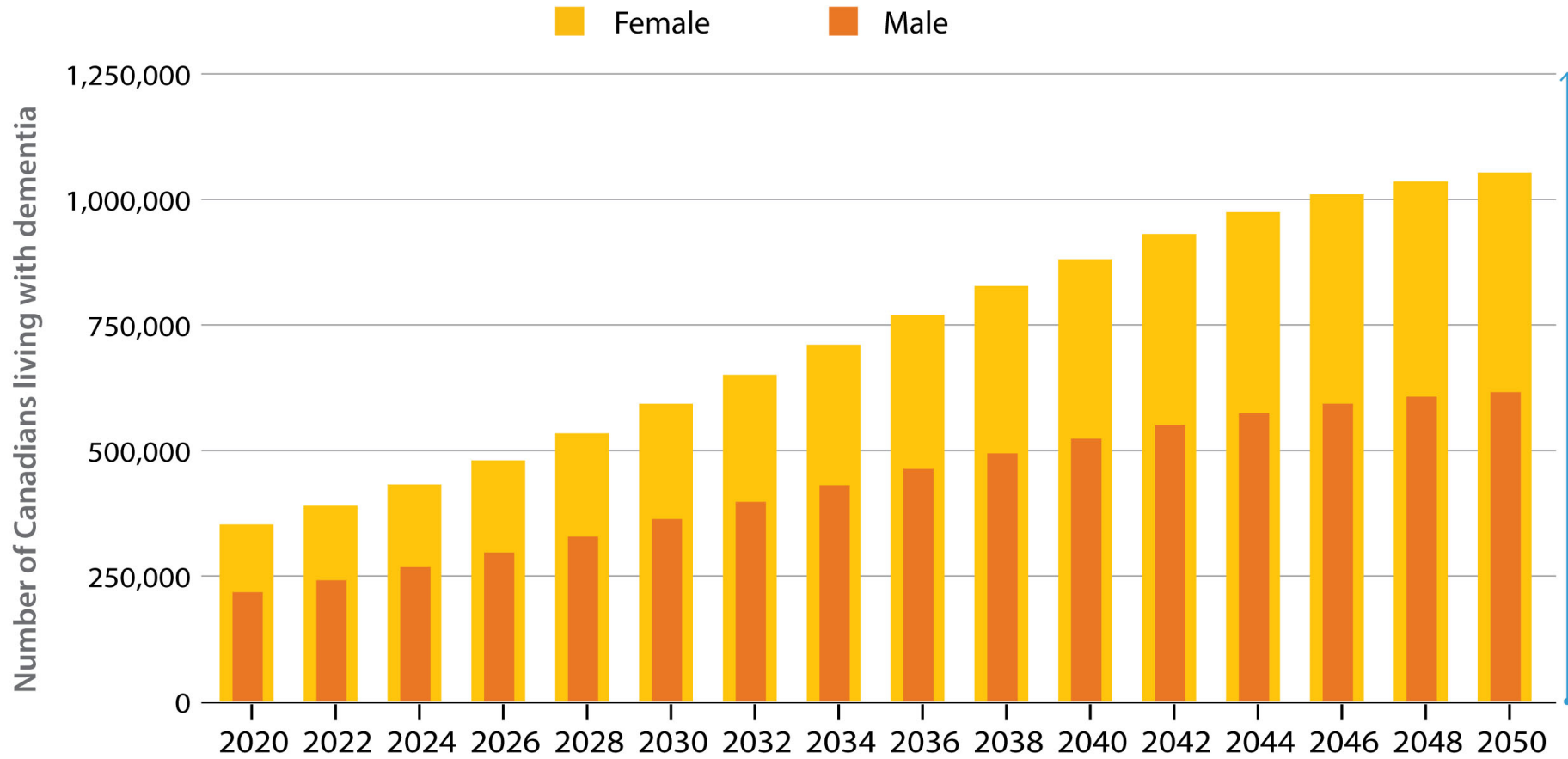
This map shows the estimated number of people living with dementia in each world region in 2015.

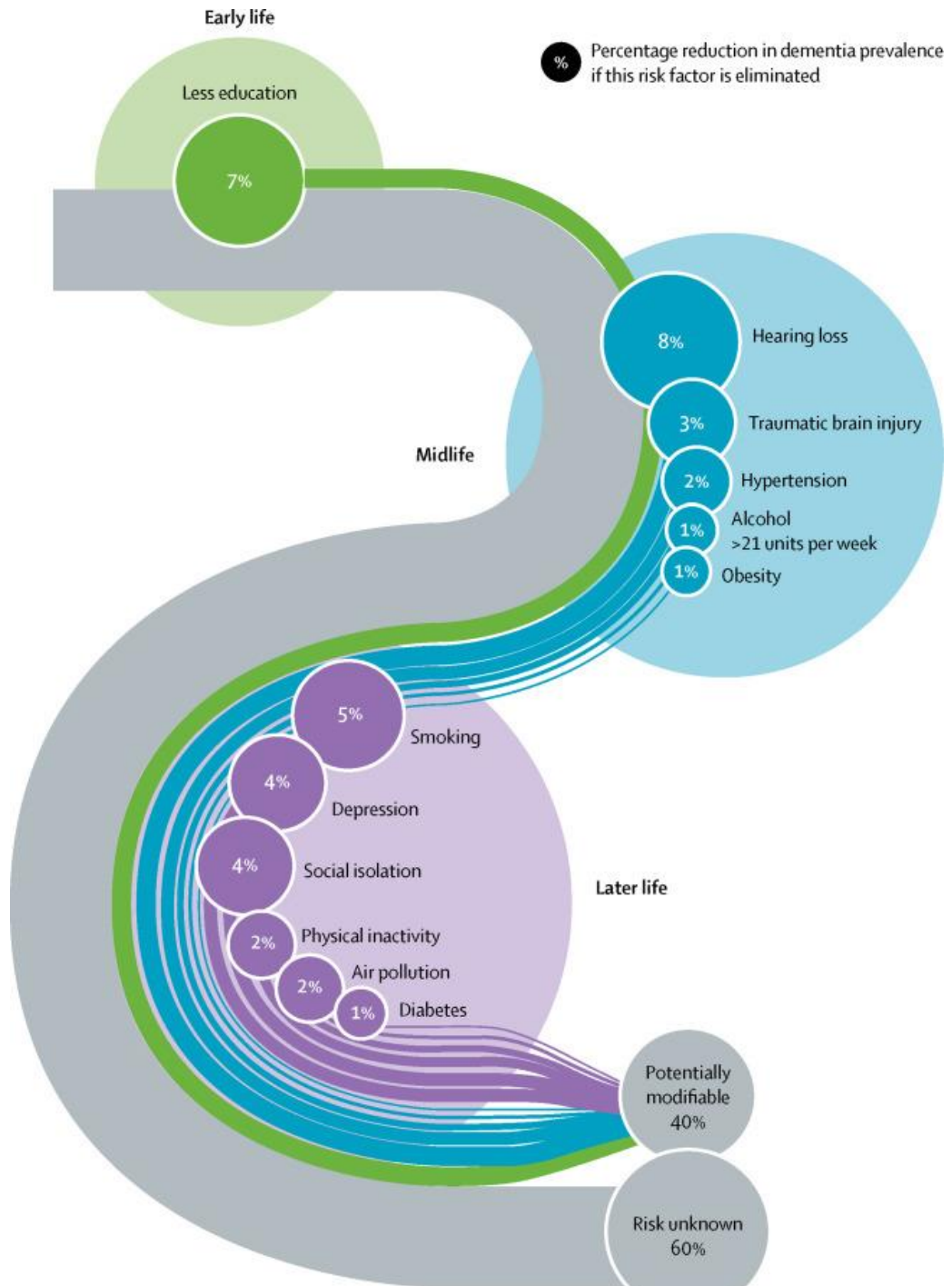
We must now involve more countries and regions in the global action on dementia.

Number of People Living with Dementia and the Number of New Cases of Dementia per year in Canada, 2020 to 2050



Number of People with Dementia in Canada by Sex, 2020 to 2050





Modifiable Risk Factors

Social Determinants

Low Education (7%)

Social Isolation (4%)

Air Pollution (2%)

Primary Care

Hearing Loss (8%)

Smoking (5%)

Specialty Clinics

Depression (4%)

Traumatic Brain Injury (3%)

Hypertension (2%)

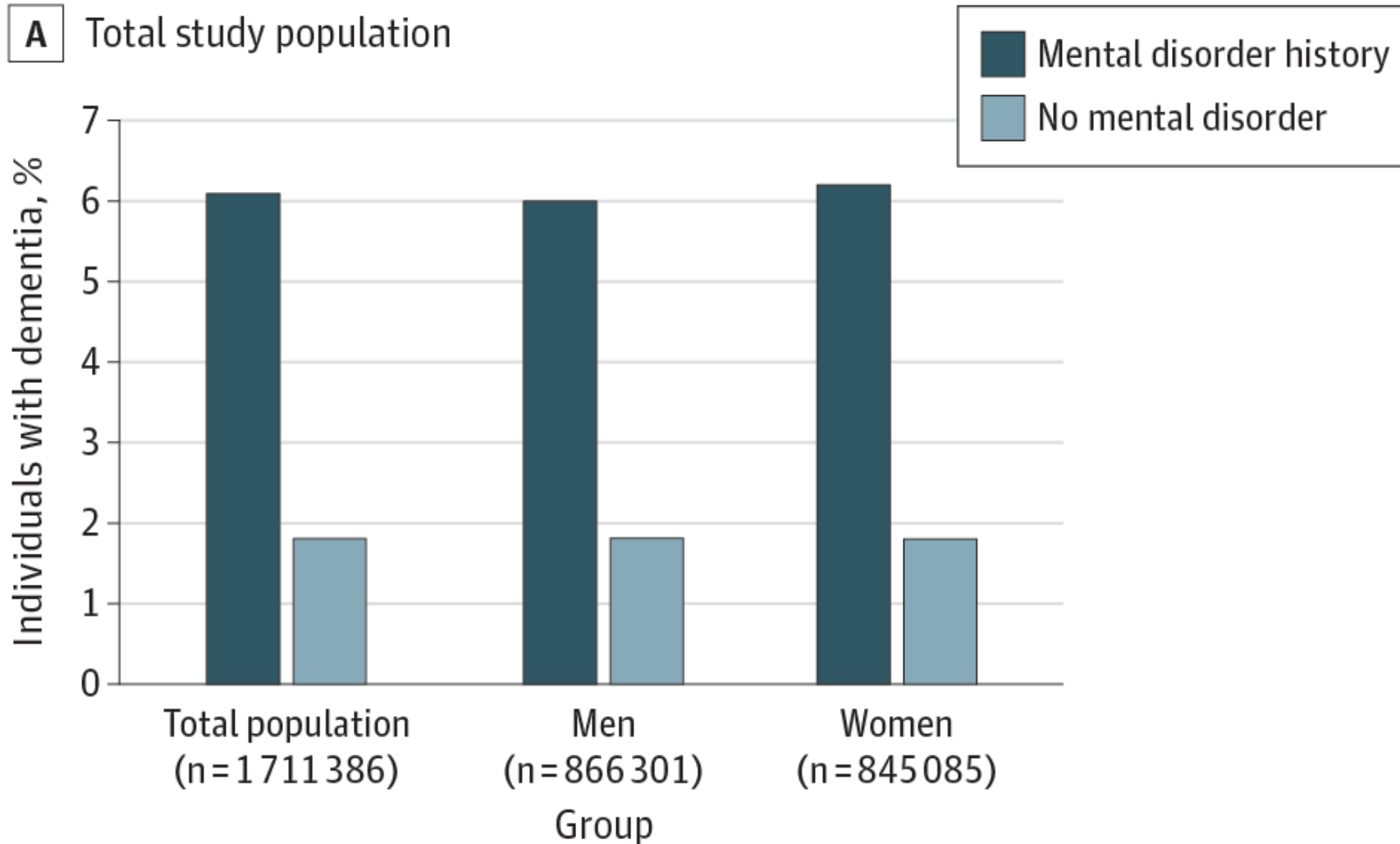
Physical Inactivity (2%)

Alcohol (1%)

Diabetes (1%)

Obesity (1%)

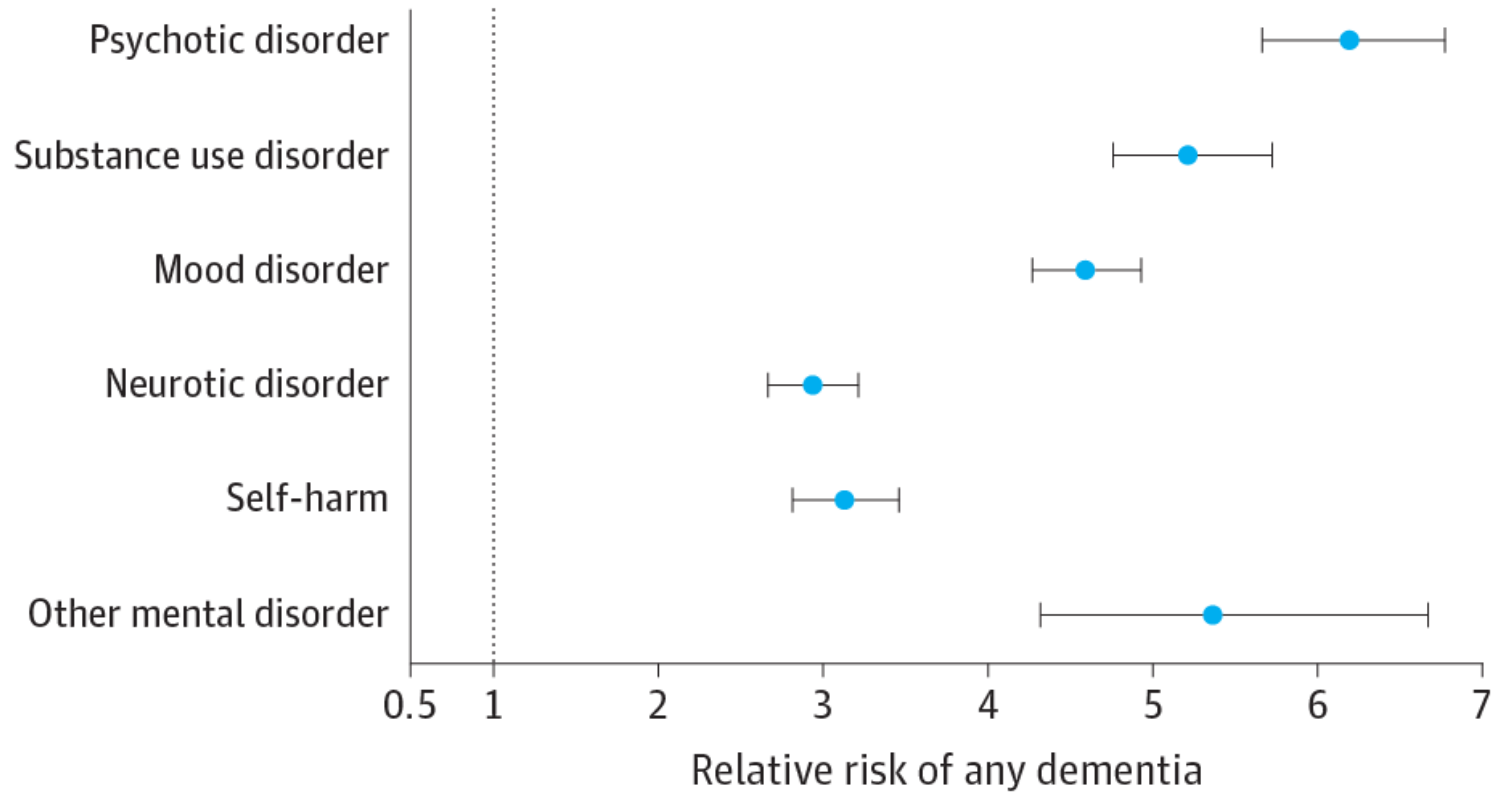
One Brain



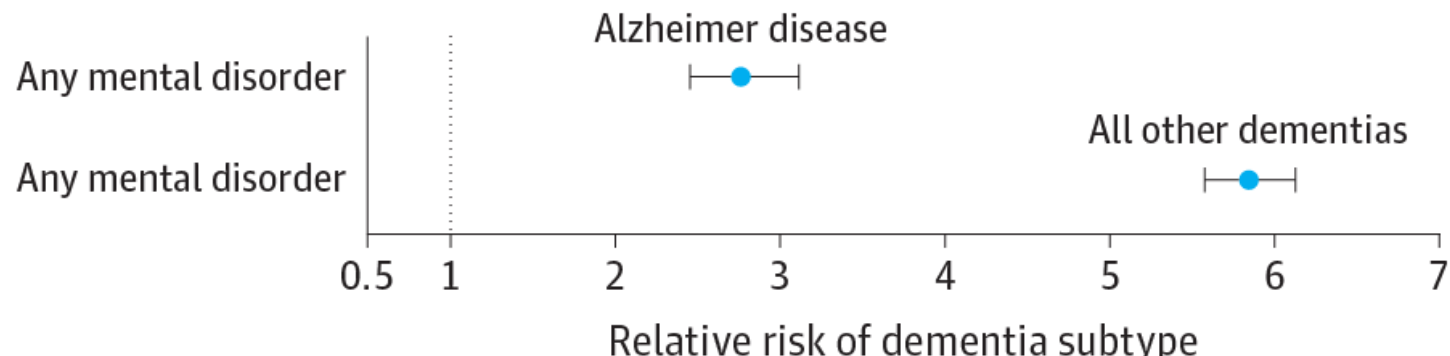
Longitudinal Associations of Mental Disorders With Dementia:
30-Year Analysis of 1.7 Million New Zealand Citizens; Richmond-Rakerd et al. *JAMA Psychiatry*. 2022

One Brain

A Associations across mental disorder types



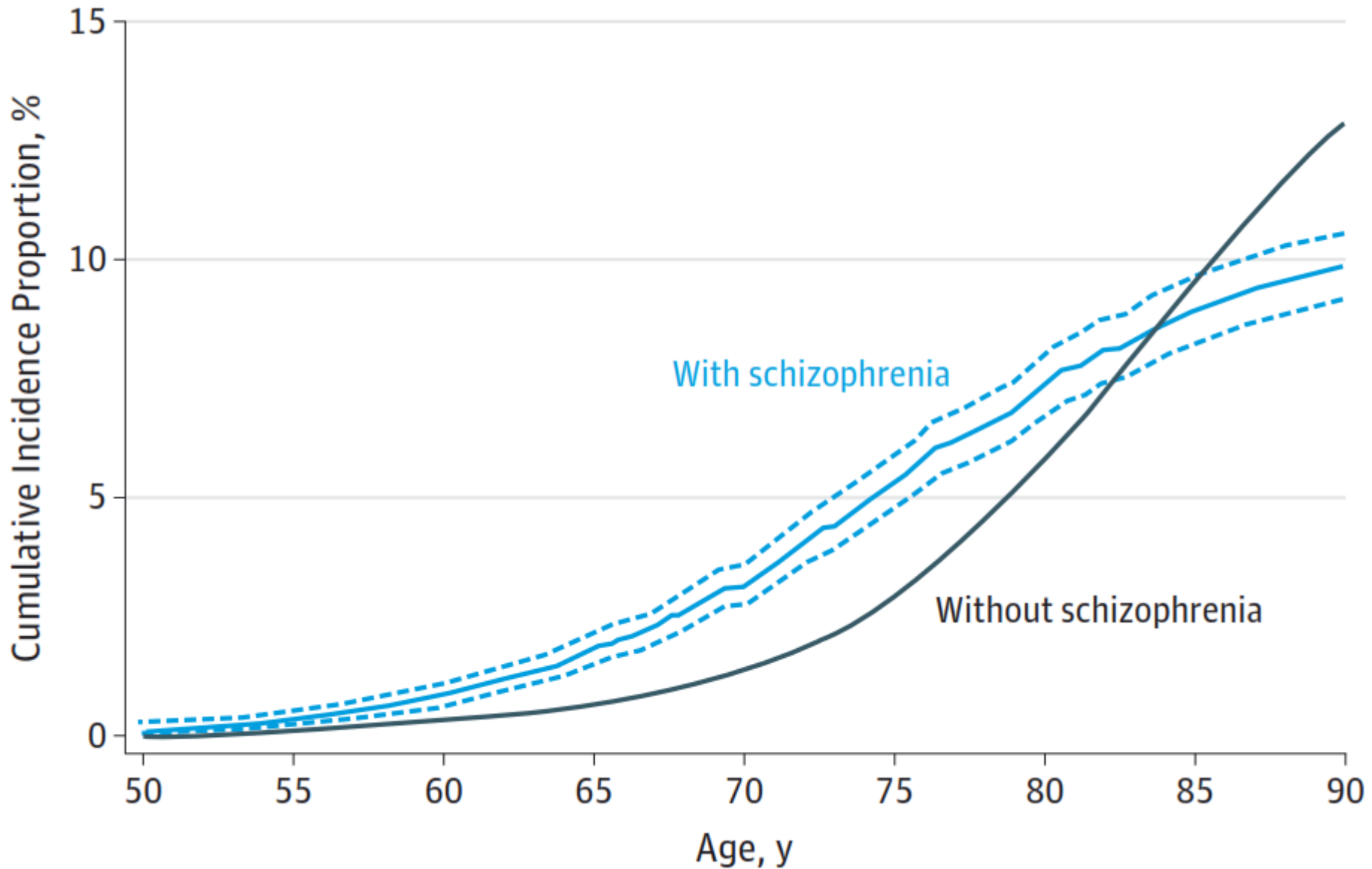
B Associations across dementia types



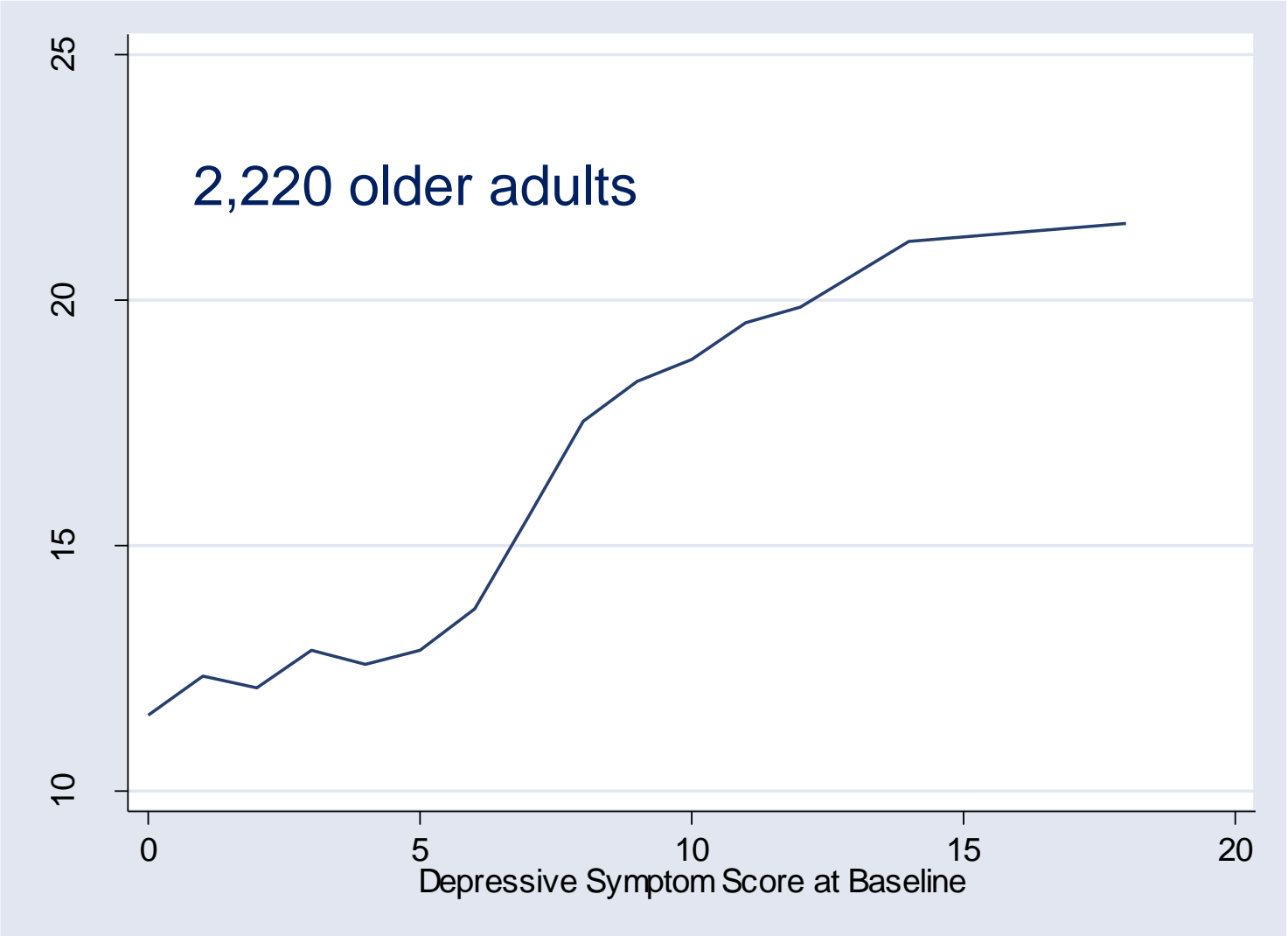
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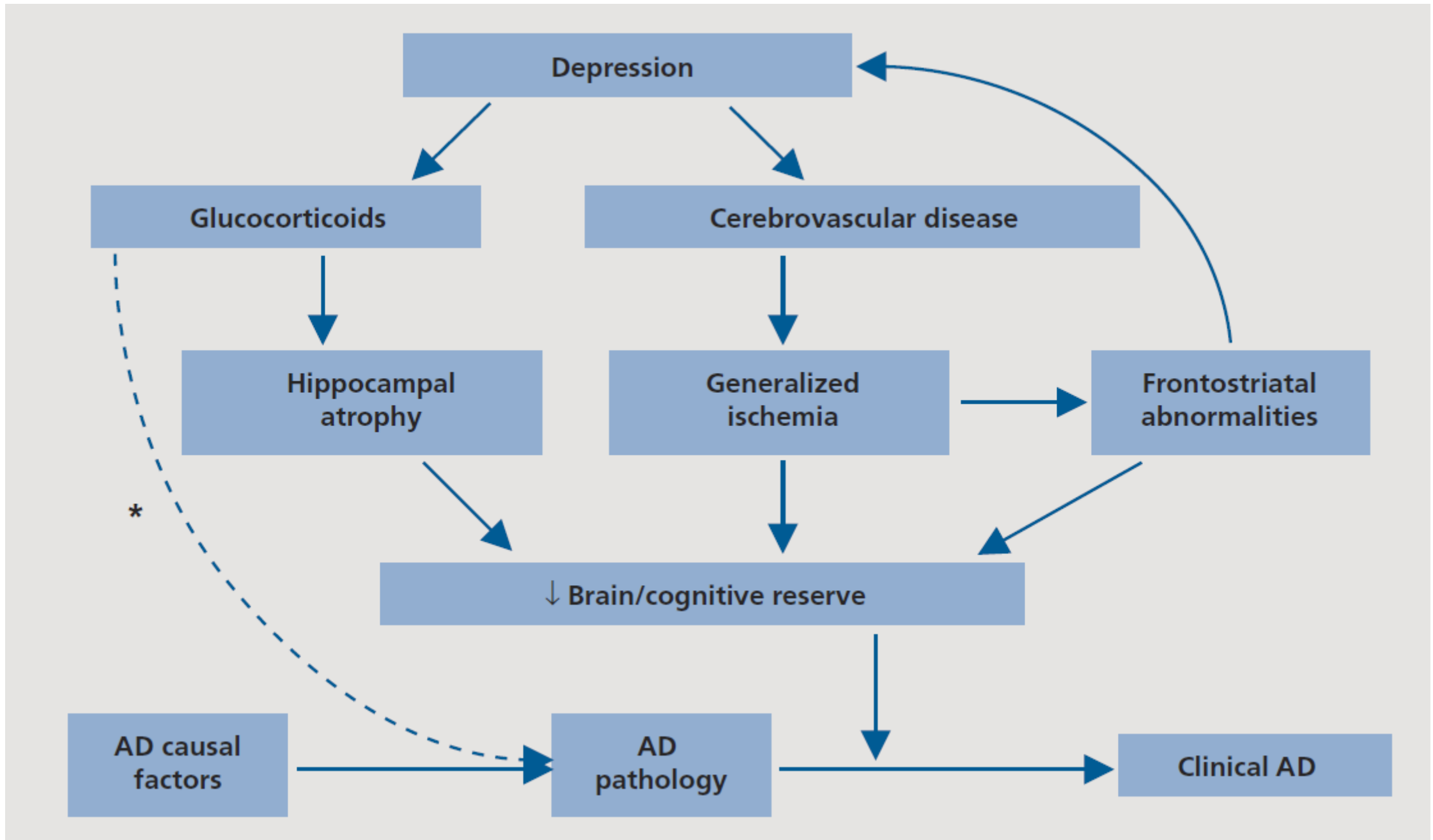
30-Year Analysis of 1.7 Million New Zealand Citizens; Richmond-Rakerd et al, JAMA Psychiatry, 2022

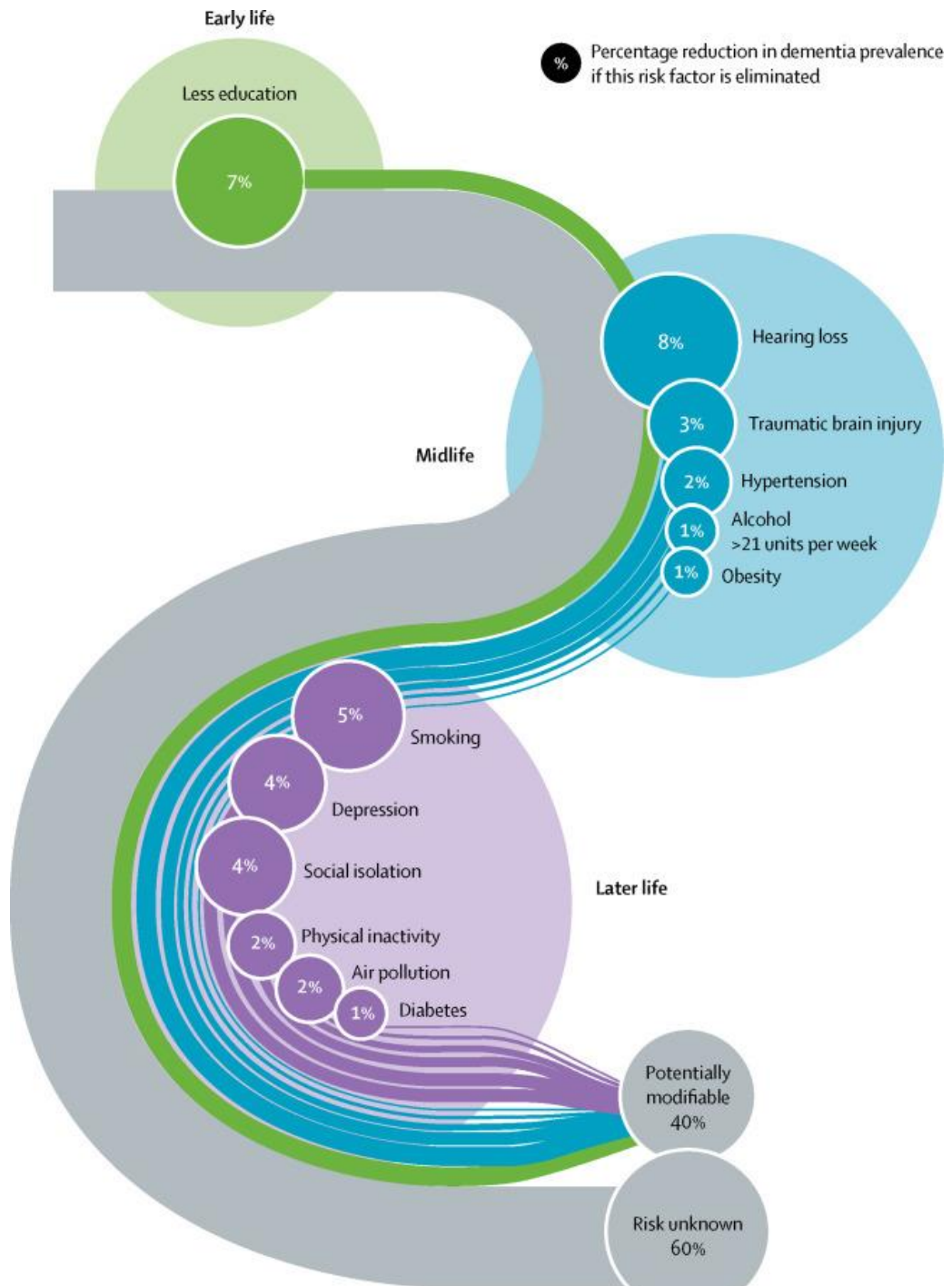
Older Patients with Schizophrenia in the General Population



Risk of Mild Cognitive Impairment Increases with Depressive Symptoms







Treatments and Interventions

- Biological
- Psychological
- Social
- Integration