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# Discussing Mental Health in Older Adults: A Rural Interprofessional Learning Experience

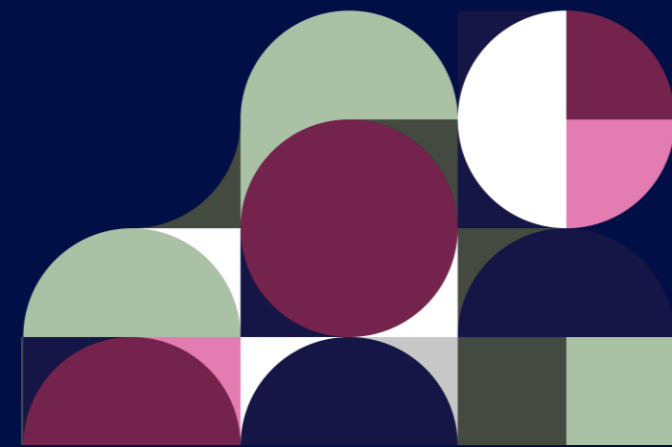
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*going*  
**rural  
health**

<sup>1</sup>Going Rural Health (GRH)

<sup>2</sup>Collaborative Practice Centre (CPC)

<sup>3</sup>Medicine Dentistry Health Sciences (MDHS)





The University of Melbourne acknowledges the Traditional Owners of the unceded land on which we work, learn and live: the Wurundjeri Woi-wurrung and Bunurong peoples (Burnley, Fishermans Bend, Parkville, Southbank and Werribee campuses), the Yorta Yorta Nation (Dookie and Shepparton campuses), and the Dja Dja Wurrung people (Creswick campus).

The University also acknowledges and is grateful to the Traditional Owners, Elders and Knowledge Holders of all Indigenous nations and clans who have been instrumental in our reconciliation journey.

We recognise the unique place held by Aboriginal and Torres Strait Islander peoples as the original owners and custodians of the lands and waterways across the Australian continent, with histories of continuous connection dating back more than 60,000 years. We also acknowledge their enduring cultural practices of caring for Country.

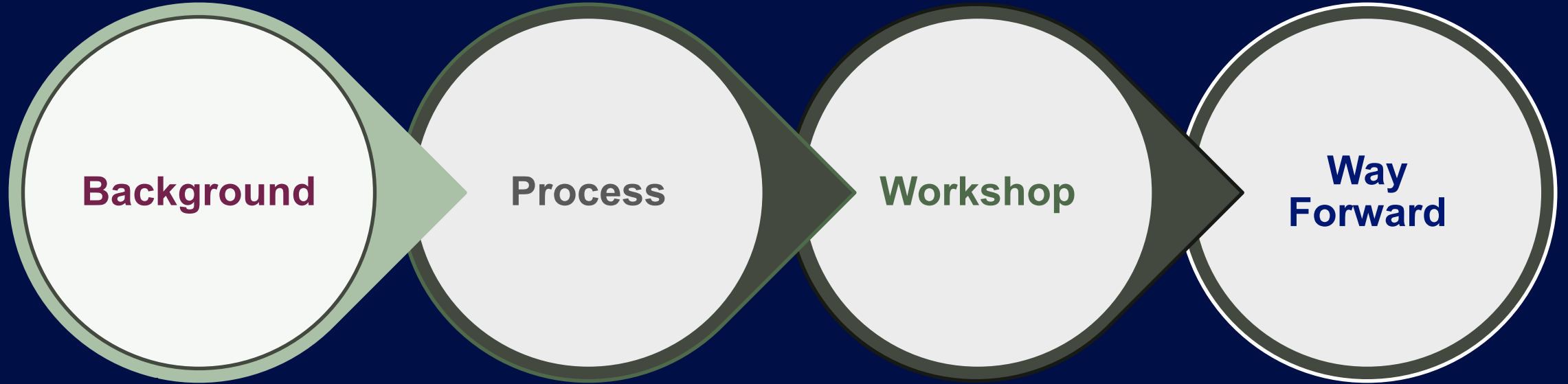
We pay respect to Elders past, present and future, and acknowledge the importance of Indigenous knowledge in the Academy. As a community of researchers, teachers, professional staff and students we are privileged to work and learn every day with Indigenous colleagues and partners.

# Acknowledgements

- Department of Health (DoH), Victoria – Student Placement Support Program
- Lisa Power DME & Dr Tegan Podubinski UoM DRH
- Placement partners:



# Overview of Presentation





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# Background

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# Department Of Health (DoH) Project



To increase the **quantity** of student placements in MH & AOD settings (each discipline has nominated targets)

## Discussing Mental Health with Older Adults



To improve the **quality** of student placements in MH & AOD settings (e.g. via Support Package)



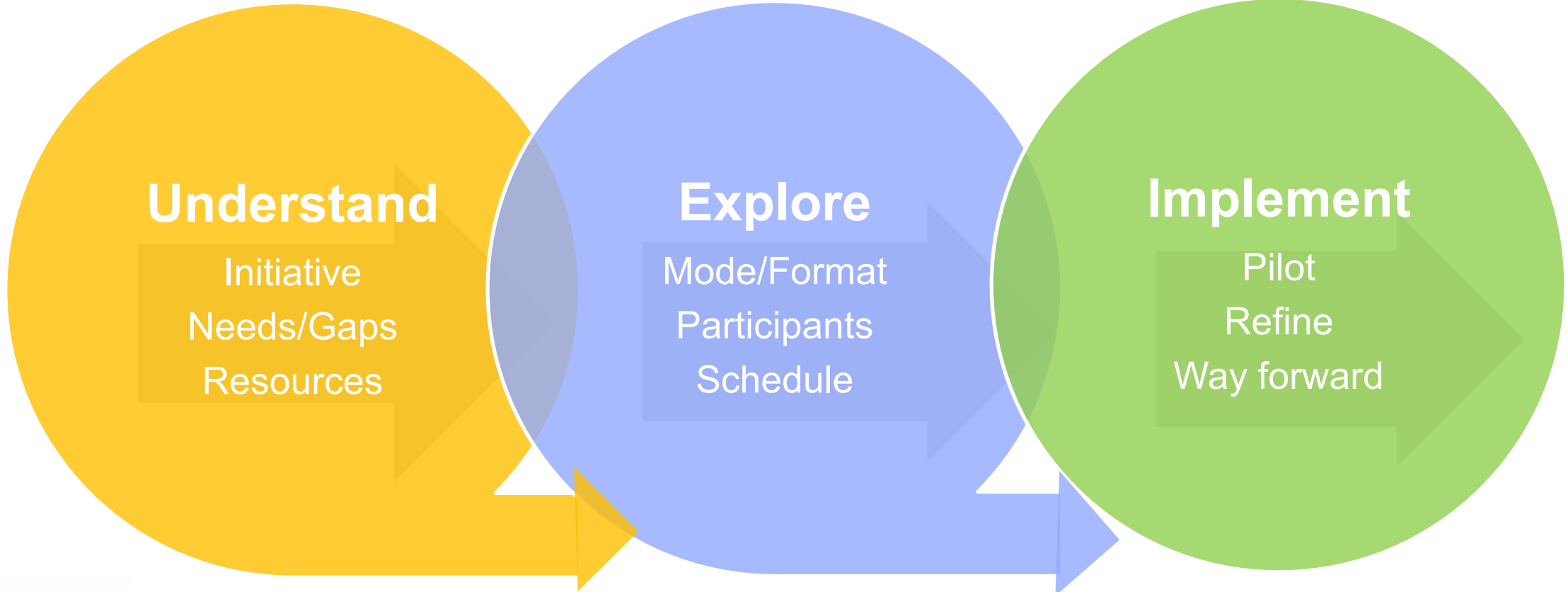


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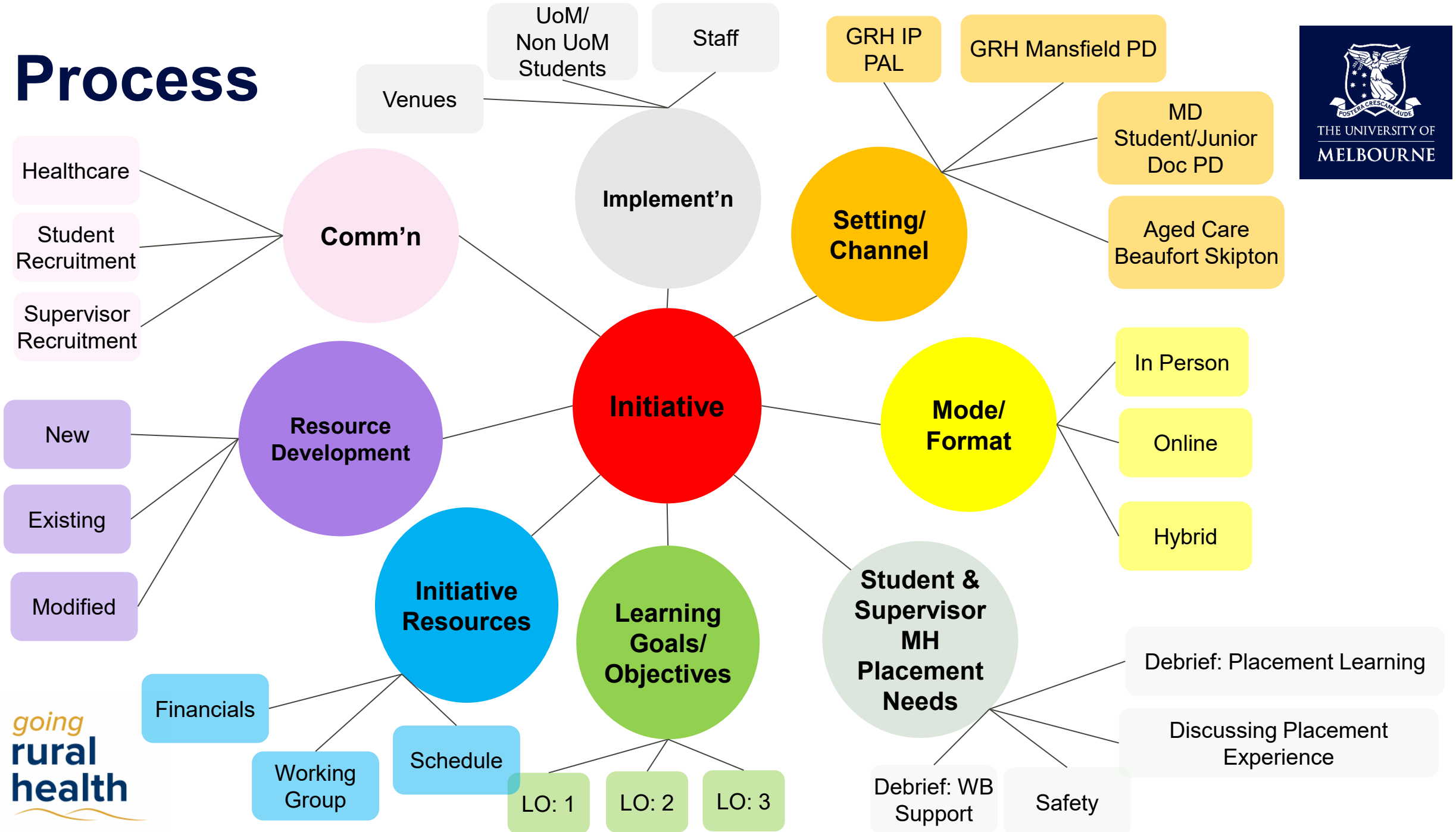


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# Process - Collaboration

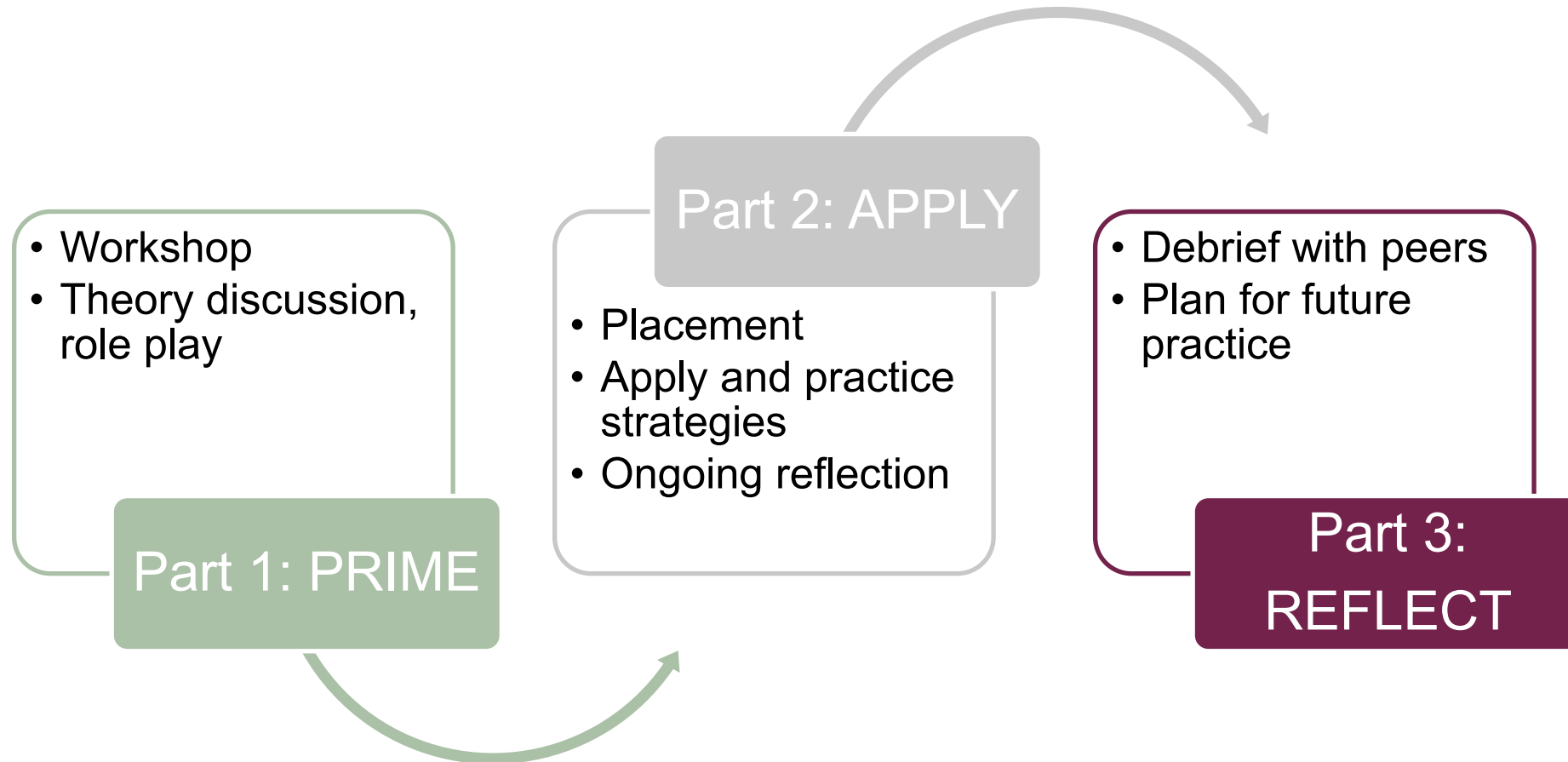


# Process



# Workshop

# Workshop: Overview



# Workshop: Learning Objectives



1. Be able to identify common signs and symptoms (PRIME)
2. Apply communication techniques and strategies. (APPLY)
3. Opportunity to reflect on communication techniques (REFLECT)

# Workshop: Participants



- Beaufort and Skipton Health Service & Mansfield District Hospital
- Nursing, Occupational Therapy, Physiotherapy, Social Work & Medicine



# Workshop: Part 1 - PRIME



## Workshop

- Pre-reflections
- Practical strategies
- Case scenario information

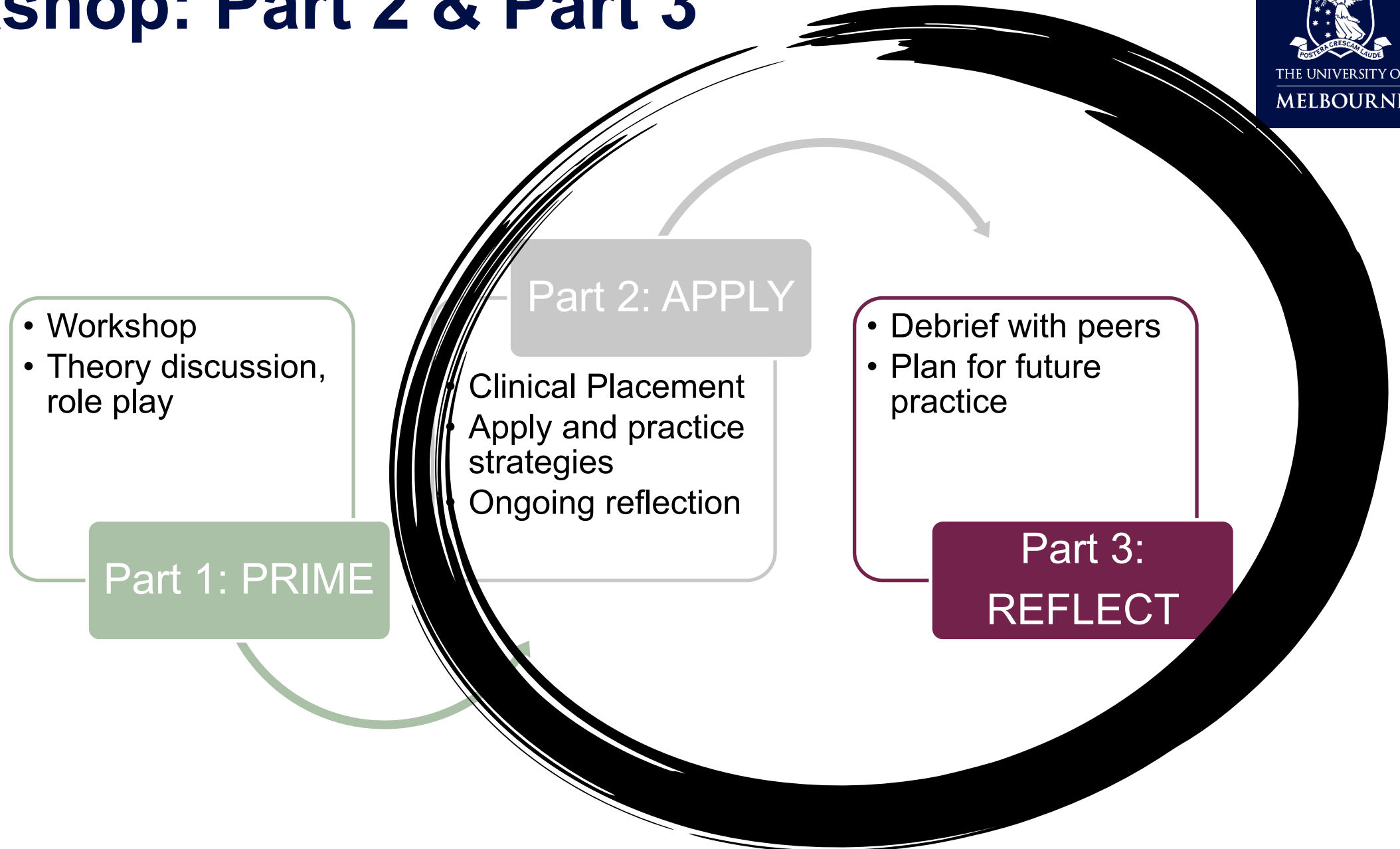
## Simulation

- Role play
- Video

## Debrief/Feedback

- Debrief with facilitator
- Key strategies to focus on placement
- Role play take 2

# Workshop: Part 2 & Part 3



# Workshop: Feedback



**“Listen to the client and work collaboratively  
Let them talk and feel heard  
With each profession involved in their care”  
“Allied Health professionals can support their wellbeing”**



# Way Forward

# Way Forward



- Workshop Guide
- 2026 Q1





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# References



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Thank  
You!

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