

An Exercise in Integrated Cognitive Care

What is the problem?

Older people living with mental illness are a diverse, vulnerable group with complex healthcare needs and reduced life expectancy. Physical activity offers significant physical, cognitive and mental health benefits. While physical activity guidelines have been developed to support consumers and clinicians, they are not used in aged mental health services.

About this research translation project

Aged Persons Assessment and Treatment Teams (APATTs) are the outpatient community outreach teams tasked with providing holistic mental health support for older mental health consumers, which includes physical activity. We will investigate the feasibility and effectiveness of incorporating the use of physical activity guidelines into APATTs.

This multidisciplinary project team will educate APATT clinical staff about guidelines who will in turn support consumers throughout a three-month trial following physical activity guidelines. They will be aided by education and demonstration of exercises; equipment and other tools to help motivation.

We will measure the effect of this program on consumer physical activity levels, as well as quality of life, mental, cognitive and physical health. We will evaluate the project with consumers, APATTs and GPs to ensure that it is acceptable and sustainable.

What will be the impact?

This research will address the need for integrated mental and physical healthcare, facilitating more holistic health care for older adults with mental illness.



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