Supporting Health in Older Adults Living with Psychiatric Conditions

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Challenges to Healthy Aging

• Premature morbidity & mortality
• Complex inter-connected psychiatric and health needs
• Likelihood of accelerated aging in cognitive, functioning and physiological domains (Jeste et al., 2011)
• Poorly trained workforce
How can we support health for people living with psychiatric conditions and co-morbid health conditions?
Identify/test integrated models of practice

- Integrate mental health and physical health care policies & services
- Identify and test holistic models of clinical programming in mental health and aging settings (8 Dimensions of Wellness)


Increase Motivation for Physical Activity

- Older persons with psychiatric conditions are sedentary
- PA improves psych sx, health, cognition & well-being
- Need to increase motivation & adherence


Prepare the Workforce

• Mental health providers have limited understanding of aging
• Providers in the aging system are challenged by people living with psychiatric conditions
• Need for specialized training

Next Steps

• Identification and testing of effective psychosocial interventions to improve quality of life and improve health outcomes for older adults with co-morbid psychiatric & physical health chronic conditions

• Explore motivation for physical activity

• Refine educational strategies to build workforce competencies in aging and mental health across settings