

S3: Geriatric mental health care and training in India – A critical review of progress and future directions

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Population ageing is occurring rapidly in India with the proportion of older adults (aged 60 years and above) estimated to reach 20% by the year 2050 from the existing 10%. The prevalence of mental health problems in older adults is also expected to increase significantly due to population ageing. Nearly 20% of older adults have at least one mental health condition including the subsyndromal conditions. The data from National Mental Health Survey (NMHS), Longitudinal Ageing Study of India (LASI) and the recent LASI-Diagnostic Assessment of Dementia have estimated the national prevalence of Psychiatric disorders like depression and dementia. 30.2% of older adults have significant depressive symptoms and 8.3% have major depressive disorder. The prevalence of dementia is estimated as 7.4% with an estimate of 8.8 million persons with dementia in 2016 and projected increase to 16.8 million in 2036.

More than 90% of older adults with mental health problems in India remain undiagnosed and untreated. Access to non-pharmacological interventions for older adults with mental health conditions as well as their caregivers are very limited. Mental health problems in older adults are often considered as normal for ageing by older adults, family caregivers as well as health care professionals. Dedicated and specialized clinical services for geriatric mental health care is not available in most of the mental health care institutions.

This symposium will present a critical review of the progress in geriatric mental health care services across India by summarizing the initiatives to promote geriatric mental health care and training. The need for comprehensive psychosocial care and psychiatric rehabilitation along with the acute geriatric mental health care will be addressed by experts involved in geriatric mental health care and training.

The symposium will have the following presentations.

1. Geriatric mental health care in India- scope, challenges and innovative initiatives: Prof. Sivakumar Palanimuthu Thangaraju, Professor of Psychiatry & Head, Geriatric Psychiatry Unit, Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India
2. A review of the initiatives for the training to promote the workforce for geriatric mental health care in India: Prof. Krishna Prasad Muliya, Professor of Psychiatry & Head, Psychiatric Rehabilitation Services, Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India
3. Psychosocial interventions for geriatric mental health care- Scope and challenges: Prof. Thirumoorthy A, Professor & Former Head, Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India

S4: The LatAm-FINGERS Initiative: The First Non-Pharmacological Randomized Controlled Trial to Prevent Cognitive Decline Across Latin America

Authors: Gustavo E. Sevelev, Lucía Crivelli, Rosa Maria Salinas, Ana Charamelo, Carolina Delgado

Overview: Gustavo E. Sevelev

Approximately 40% of global dementia cases in high-income countries are attributed to potentially modifiable risk factors, whereas in Latin America, this figure rises to 56%. This difference underscores the importance of initiating