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Mr. Kwok is currently a clinical psychologist (CP) working in Pamela Youde Nethersole Eastern Hospital. After obtaining his master degree of clinical psychology from the Chinese University of Hong Kong, he worked in the Department of Health (Elderly Health Service) to promote primary health and dementia care. Apart from clinical duties, he had rich experience of developing dementia care materials (e.g., books, health education kits, pamphlets, newsletters and videos for caregivers) and attending media interviews for health promotion. Through collaboration with various non-government organizations, he coordinated and conducted series of dementia care talks, seminars and workshops for health care professionals as well as caregivers from 2000-08. In 2012, he joined the Corporate Scholarship Programme of Hospital Authority, “Primary and Community Care for Old Age Psychiatry”, and acquired an understanding of the care pathways that were provided to older adults with mental health problems and/or dementia. He is currently appointed as the Convener of the Working Group of Elderly Service (CP Coordinating Committee of the Hong Kong Hospital Authority) to promote CP elderly service development. He is a member of the Hong Kong Psychological Society (Division of Clinical Psychology) and has joined the working group of column writing (Sky Post) to enhance couple relationship and sexual health in elderly for years. He is also the Honorary Practicum Supervisor of MSocSc in Clinical Psychology (CUHK and HKU) and part-time lecturer of professional development centres in various non-government organizations.

Elderly Mental Health: Challenges and Promotion Strategies

In response to the challenges and opportunities of population ageing in Hong Kong, it is essential to review, restructure and enhance clinical psychology service to cater for the potential high future demand of psychological services for older adults. In Hong Kong, there are about one million people (13.7% of total population) aged 65 years or above in 2013, the proportion of elderly is increasing at a faster rate than other age groups. The experience of South London and Maudsley would be of reference value to service development of elderly mental health in Hong Kong.

The United Kingdom (UK) has an increasingly ageing population, and older adults are the highest users of health and social care services. About three million older adults in the UK have mental health problems that can affect their quality of livings. In early 2011, the Mental Health of Older Adults and Dementia Clinical Academic Group Psychology and Psychotherapy Teams (MHOA/D CAG P & P Teams) were reorganized and restructured. They provided psychological interventions (consultation, liaison, assessment and treatment) to all 4 boroughs within the CAG. A range of services in accordance with NICE recommendations are offered:

- a) Assessments to draw up a psychological formulation and recommend appropriate psychological interventions;
- b) A choice of Cognitive Behavioural Therapy (CBT), Systemic and Psychodynamic psychotherapies on an individual basis or in groups;
- c) Neuropsychological assessment, cognitive rehabilitation and advice on the management of cognitive impairment;
- d) Assessment and consultation with staff on the management of complicated and difficult to engage patients;
- e) Assessment and advice for staff and carers on the psychological management of people with behavior that is difficult to handle.

In order to enhance better utilization of the psychological services, **Improving Access to Psychological Therapy (IAPT)** was established. The service delivery model of the IAPT is "Stepped care model" which means most people start with a low intensity treatment as the first line intervention. Besides, a comprehensive model for dementia care, the **Croydon Memory Service Model (CMSM)**, was developed to promote early detection, diagnostic and treatment service for people with dementia and their caregivers. The service consists of a large range of professionals from mental health and social services. In order to facilitate ward staff to work more therapeutically and effectively with the patients they care for, the **CBT case formulation groups** were established. The enhancement of all inpatient staff in a simple and practical model of psychological formulation through in-service training was found to be beneficial to their daily work.