

Senior Mental Wellness – Beyond *maturity blues*

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As we go along life's journey we encounter many challenges. We all develop and utilise different ways of dealing with our losses. It is no different for older people. Council on the Ageing Tasmania and the Mental Health Council of Tasmania present "Senior Mental Wellness-Beyond *maturity blues*". This workshop aims to shift your thinking around older people and their ability to positively implement strategies around loss. One of these strategies is the power of peer education. The workshop will allow you to have meaningful dialogue around the topic, ask questions and gain an understanding of peer education. These peer education sessions have been running successfully in Tasmania since 2007 reaching thousands of older people. Trained, committed, and passionate and highly motivated volunteer peer educators focussing on information and experience sharing deliver them.

Key Words

Senior Mental Wellness

Peer Education

Social Inclusion