



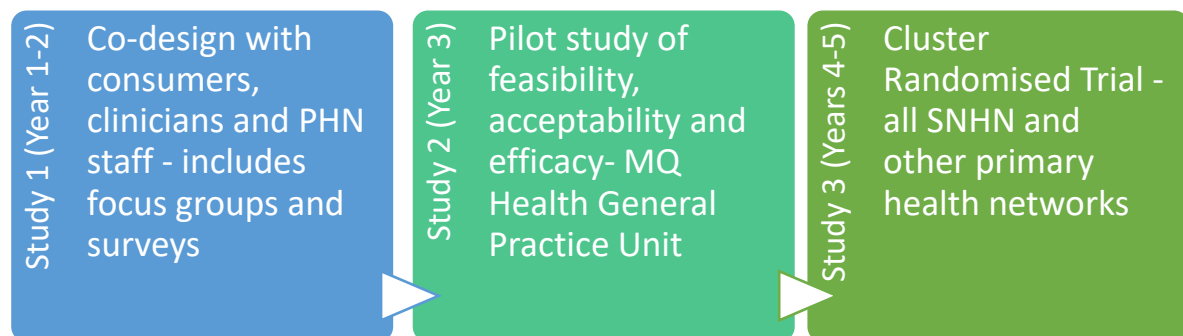
Ageing Well Screening Tool

Aim

This project aims to develop a novel primary care screening tool, the **Ageing Well Tool**, to detect common mental disorders and risk factors for dementia, such as depression, social isolation, and cardiovascular risk in older adults. Following screening, GPs may plan some evidence-based risk reduction strategies with patients as needed.

Background

Routine screening in primary care can reduce the under-detection and under-treatment of older adult mental disorders, as well as identify early risk factors for poor mental health and dementia. The Ageing Well Tool has been developed in consultation with older patients, clinicians, and researchers to ensure its acceptability and feasibility for wider, sustained use.



What's involved?

The cluster randomised clinical trial will involve GPs and practice nurse(s) completing training on the study methods, identifying suitable patients, facilitating the collection of patient data against a range of risk factors, and completing data about eligible patients three times over a 12-month period.

Who will be screened?

Patients must be 60-70 years old and a patient of a General Practitioner in SNHN (or another primary health network we partner with). Participants with dementia or cognitive decline or living in a residential aged care facility will be excluded.

How can you get involved?

We will start recruiting practices for the Cluster Randomised Trial in November 2023. Please contact ageing.well@mq.edu.au for further information if you want to be involved.