

# The health and wellbeing of older people in our community

**Author/s:** Spiteri, John | **Year:** 2009 | **Publication type:** Journal article | **Peer reviewed:** | **Topic area/s:** Mental Health

**Reference:**

**Key Words:**

discussion paper, services, mental health

**Research aim:**

This article discusses the resources of the NSW Transcultural Mental Health Centre (TMHC), and how the Centre is utilised to help the growing aged migrant population, especially in the area of mental health.

**Results/Conclusion:**

The author discusses various publications, such as 'The health and well being of older people in the community' and 'A good night's sleep', which have been widely disseminated across NSW to assist GPs, health services and ethnospecific and multicultural agencies working with culturally and linguistically diverse ( CALD ) older people. THMC aims to improve the lives and to empower older people.

**Implications:**

**Cultural Group(s):**

Migrants to Australia

**Location of study:**

New South Wales

**Age group:**

aged

**Number included in study:**

N/A

**Type of participants:**

**Research approach:**

**Type of data:**

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**

Not primary research - discussion paper about available services/publications for service providers aimed at meeting the mental health needs of older migrants from CALD backgrounds