



Camden iCope – older adults

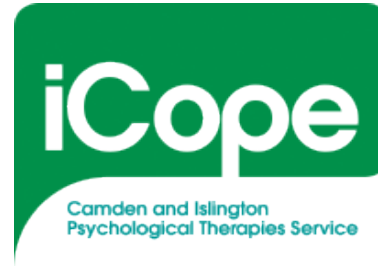
Judy Leibowitz – Consultant Clinical Psychologist, Clinical Lead Camden iCope

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care & improvement 

At C&I we are: Welcoming | Respectful | Kind | Professional | Positive | Working as a team

Camden iCope



- Partnership organisation:
 - NHS Psychological Therapies Service - Lead Provider
 - Counselling organisations – Age UK Camden Counselling, Women and Health, Nafsiyat, Bereavement Service
 - IESO – on-line CBT

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Referrals



- Self via telephone, email or website
- GPs, secondary care and other health professionals
- Other statutory organisations, including WISH plus
- Community organisations and workers

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NHS iCope service for older adults



- All parts of the service available for people aged 18+ with no upper age limit
- Step 2
 - Specific self-help manuals for OAs
 - Living Positively in Later Life Group
 - Specific group for Bengali and Somali elders, linked with Age UK Camden
 - START – manualised self-help for carers of people with dementia

- Specialist High Intensity OA workers
 - Additional training
 - Supervision with psychologists working in secondary care
 - Offer home visits
 - Provide consultation to iCope staff

- Strong links with secondary care
 - Supervision
 - 2-way direct referrals
 - Shared training days

Age UK Camden

- Age UK Camden is a voluntary-based, community-orientated organisation, independently resourced and grouped by shared aims under Age UK London and National Age UK.
- AUC provides a range of services to older adults similar to other local Age UK's.



Counselling, Psychotherapy and Group Therapy Services

- These services had been provided at Age UK Camden for more than 12 years in a non-time-limited modality.
- When funding stopped, NHS IAPT system allowed the services to continue helping the older members of the community by adjusting themselves to the IAPT guidelines.

Counselling, Psychotherapy and Group Therapy Services

- People 55 and over. Around 70% are over 65.
- Individual and Group psychotherapy, 6-20 sessions.
- We also counsel people with memory issues and dementia in the early stages.
- We offer home visits for housebound people



Counselling, Psychotherapy and Group Therapy Services

- Two clinical staff (0.8 fte each), of which one is also the services manager.
- Administrative staff at 0.6 fte.
- 4 paid Locum Assessors who work when necessary to keep the services throughput
- 14 Volunteer counsellors/psychotherapists
- We are organisational members of BACP

Partnership working



- Regular partnership meetings
- Joint projects - BME elders groups; advisory group
- Shared IAPTus system
- One care pathway
- Joint outcome data

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Promotion



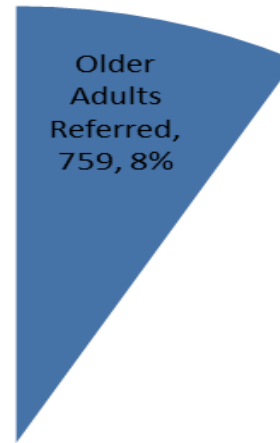
- Website
- Posters and leaflets in GP surgeries and other community locations, including specific materials directed at OAs
- Regular updates to GPs via email and in practice meetings etc.
- GP training and talks with other services
- Consultation with service user groups

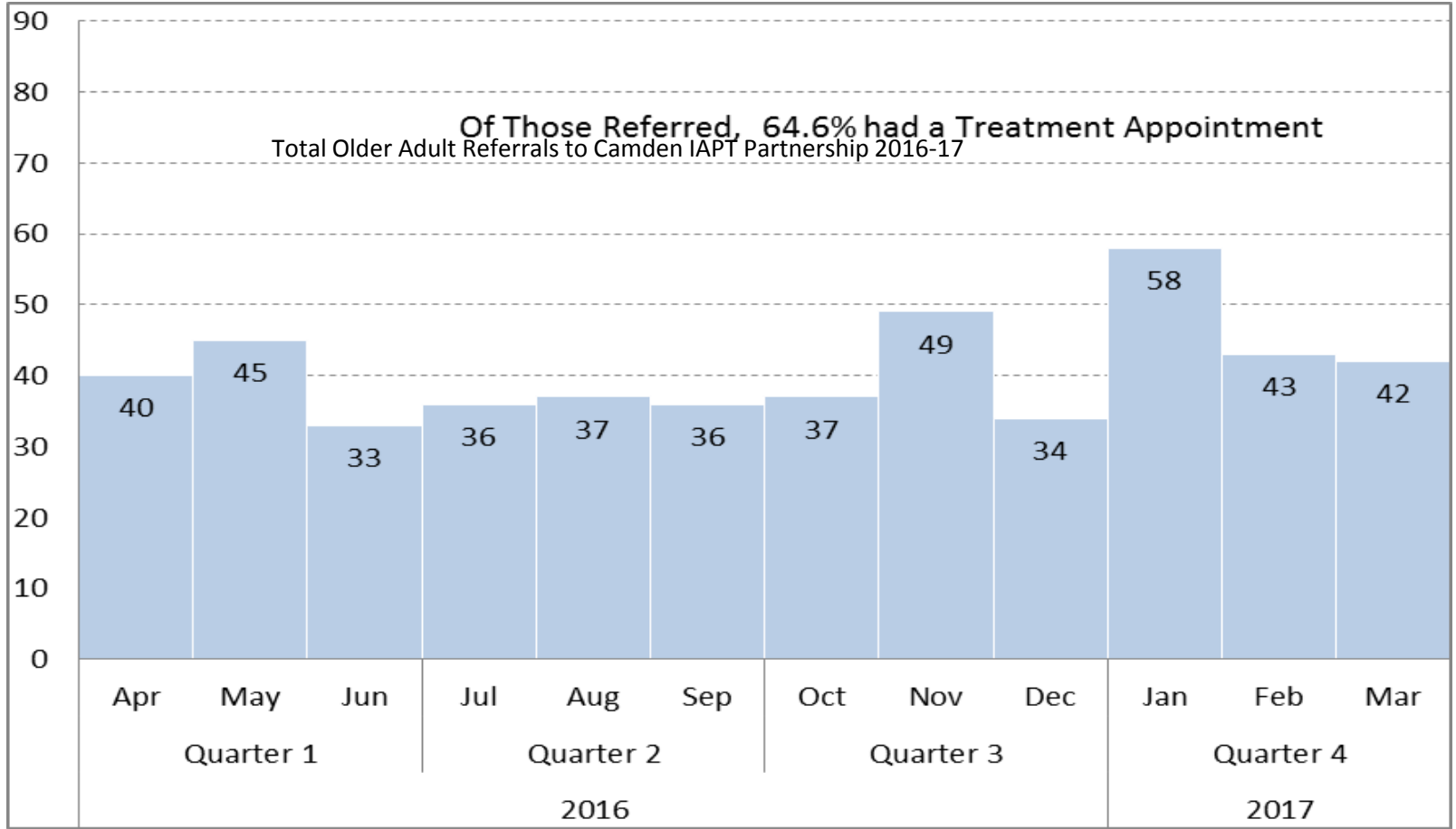
- Video produced by Age UK Camden

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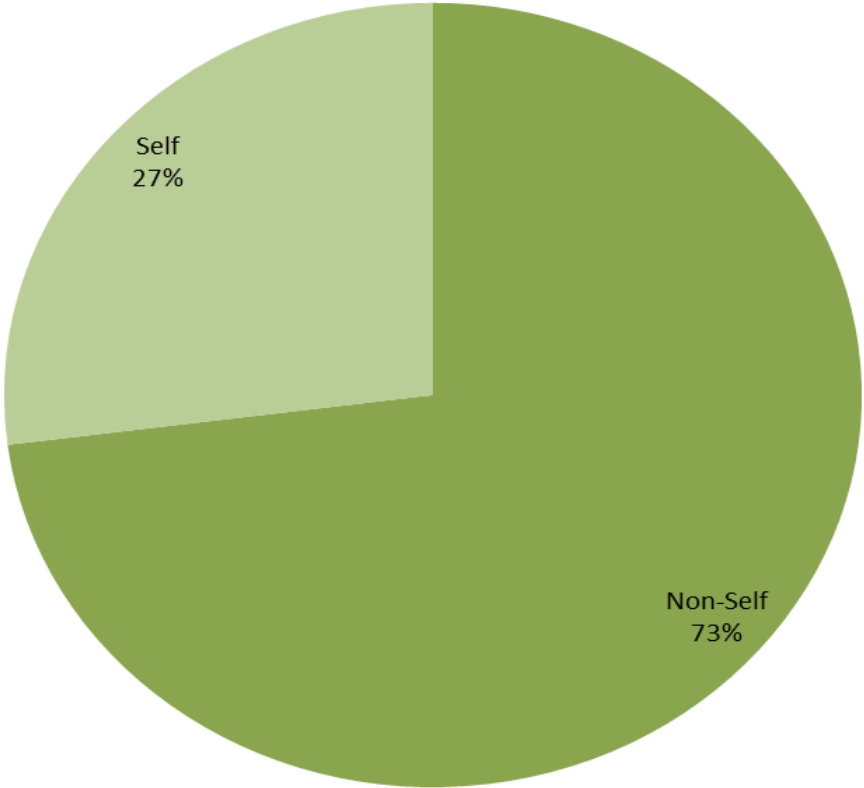
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Total Referrals to Camden iCope Financial Year 2016-17

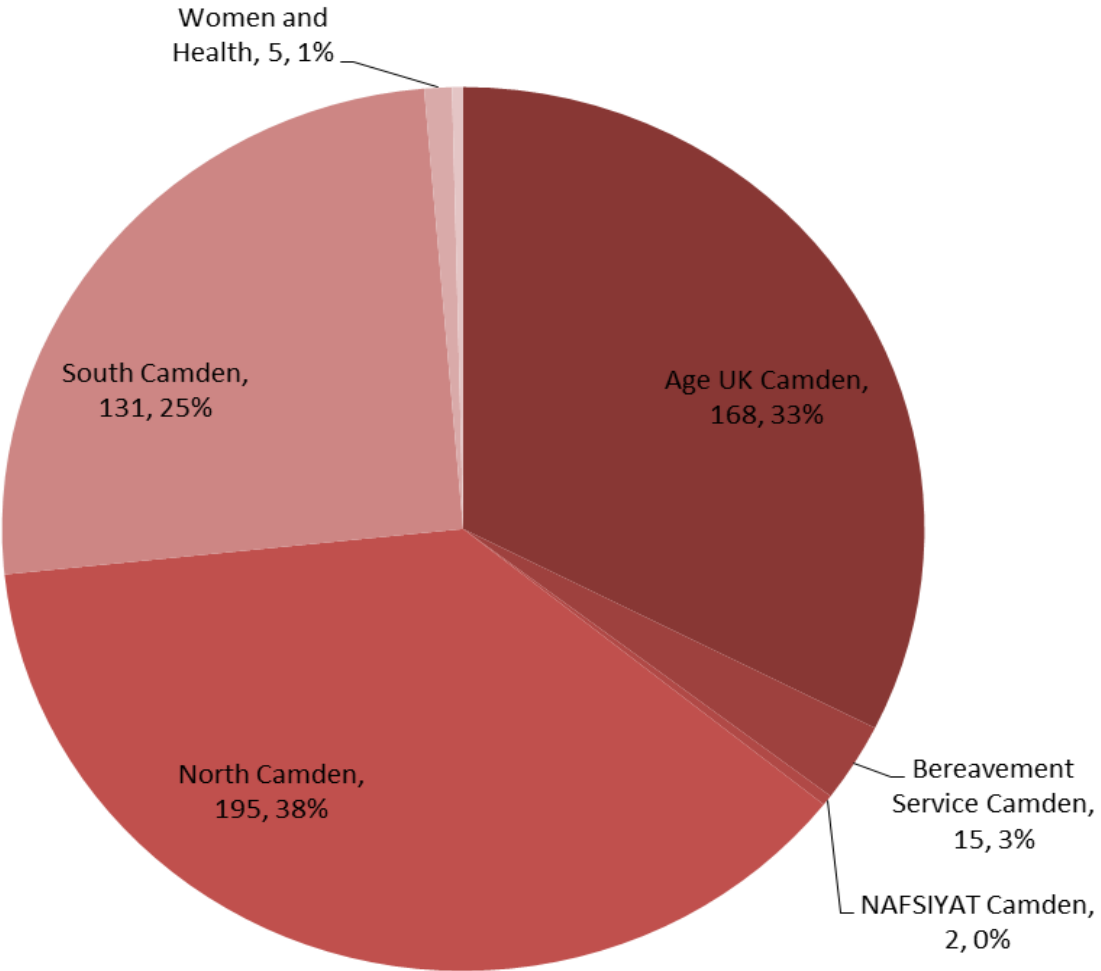




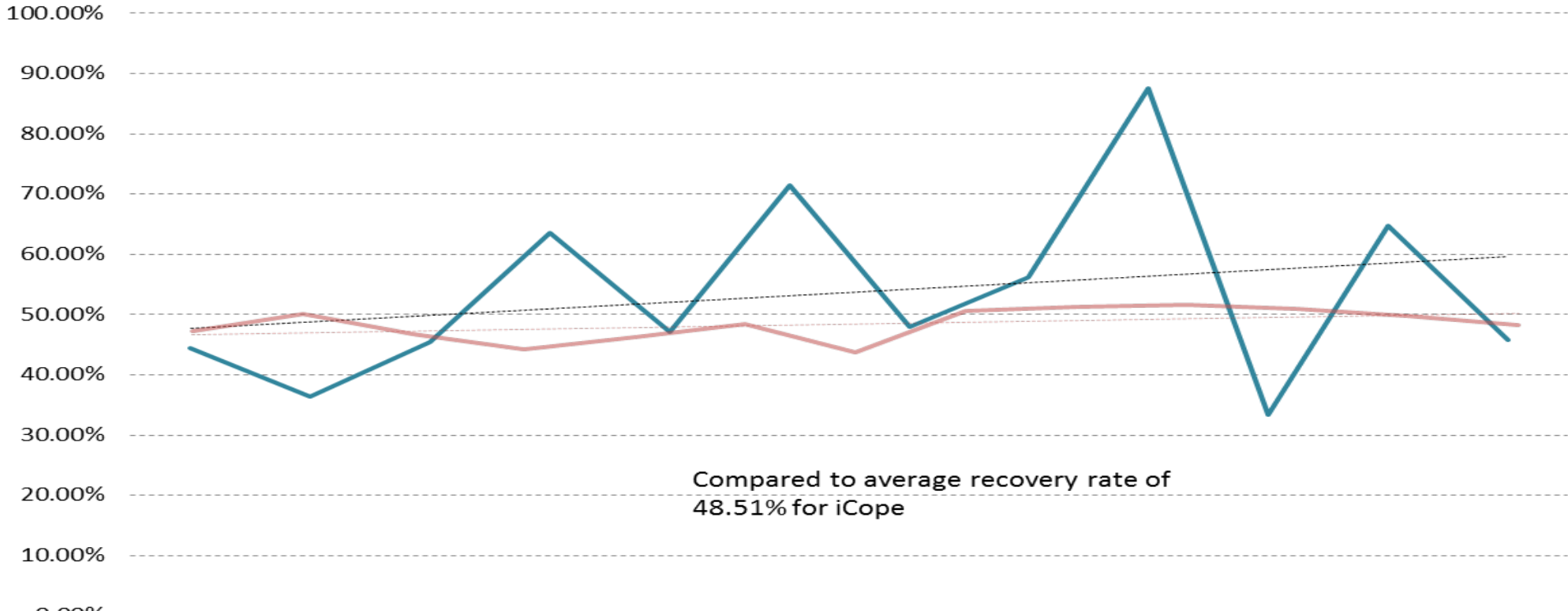
Of 518 Older Adults Accessing the Camden IAPT Partnership, 27% were self referred



Older Adults Access to Camden IAPT Partnership by Team (n=518)



Older Adults Recovery Rate - Overall average of 51.53% (n=196)



Compared to average recovery rate of 48.51% for iCope

Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Quarter 1			Quarter 2			Quarter 3			Quarter 4		
2016						2017					

Some shared experiences

- Watch film (7.14 minutes)

<http://www.ageuk.org.uk/camden/services/counselling-service/>

- Sylvia case (2 minutes)

<https://www.youtube.com/watch?v=HasqOHVrllk>