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## 21<sup>st</sup> Century Challenges Experienced by Mental Health Practitioners Working with Older Adults

Kenya

Jecinta Wangui Gitau

KCA University, Kenya

[annitangumba@gmail.com](mailto:annitangumba@gmail.com)

### Abstract

The International Day of Older Persons is an occasion celebrated on the 1st of October every year and was established by the United Nations to educate the public on issues of concern, address global problems, to celebrate and reinforce the achievements of humanity. These efforts align with the Sustainable Development Goals on the call to ensure that all people enjoy health, peace, and prosperity by 2030. Currently, Kenya has witnessed the massive deaths of older citizens due to COVID-19 complications especially those with underlying medical conditions and advanced age. The continued growth of the elderly population in society has placed renewed focus on providing quality mental health care to older adults. Older adults are a diverse and vibrant population that represent a natural extension of our psychotherapeutic knowledge and skills, through its present challenges in the provision of psychological services. Upon the completion of this presentation, participants will:

- Understand the special health needs of older adults
- Understand the common mental health issues for older adults
- Learn different ways to promote a healthy lifestyle and social inclusion
- Understand ethical and legal issues in working with older adults.

**Keywords:** 21<sup>st</sup> century, mental health, covid-19 pandemic

