



SilverCloud

MAKING SPACE FOR HEALTHY MINDS

# Internet-delivered CBT (iCBT) for older people

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# Agenda

1. What does research tell us about the use of iCBT for older people?
2. What do IAPT services tell us about the use of iCBT for older people?
3. What do older people tell us about the use of iCBT?
4. Integrated care and iCBT for long-term conditions (LTC)s

# SilverCloud Health - Who we are



Global healthcare  
technology company



10+ years of research and evaluation



Strong partner network



Gold Standard in online  
therapeutic care



iCBT for older people

What does research  
tell us?

# iCBT for older people

**65+ age group: the heaviest users of health care services and long-term care**

—  
will grow from 15 percent to 22 percent of the overall population between 2014 and 2040.

Internet and computer use increasing among older adults

Ewing & Thomas (2012); Fox & Jones (2009)

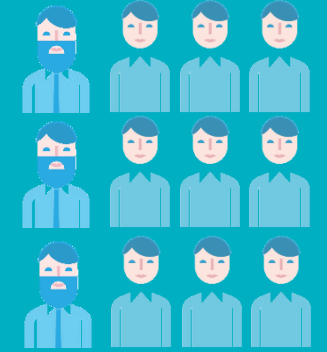
74% of those between 65 and 74 years old use the internet...

...just 39% of those over 75 have used it in the last 3 months – but this number will inevitably grow in the future

Older People

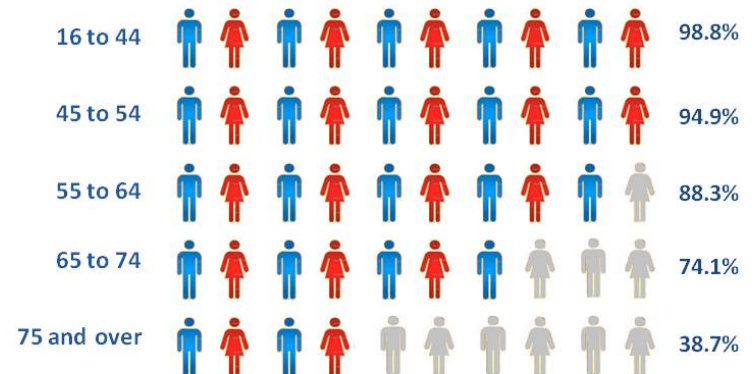


of the population by 2040



87.9% of adults in the UK have used the internet in the last 3 months

Almost all adults aged 16 to 44 years have used the internet recently...



... but just 4 in every 10 adults aged 75 and over have used the internet in the last 3 months .

Source: Office for National Statistics

# iCBT for older people

## iCBT can help to overcome traditional barriers

to treatment and increase access to evidence-based psychological treatment for older people.

- Andersson & Titov (2014)

**Research demonstrates** older adults are more likely to complete an iCBT treatment compared with their younger counterparts.

- Mewton, Sachdev & Andrews (2013)

**Clinical trials indicate that iCBT is acceptable to older adults** and can result in clinically significant reductions in levels of anxiety and depression, maintained up to 12 months following treatment.

- B.F. Dear et al. (2016)

## Barriers to traditional treatment for older adults:

- Stigma and shame
- Mobility limitations
- Low mental health literacy

Cole et al. (2008)



Older adults are more likely to complete an iCBT treatment



## Moving into recovery

iCBT results in clinically significant reductions in levels of anxiety and depression.

Maintained at 12 months

iCBT for older people

What do IAPT  
services tell us?

## IAPT for Older People

7.5%

Aged 65+  
access treatment

Only 7.5% of older  
adults access IAPT  
Services

Recovery rates are  
higher than the rest  
of the population

64.7%

Recovery aged  
65 +

Source: Improving Access to Psychological Therapies (IAPT)  
Executive Summary (February 2017) Published 25 May 2017

## iCBT for older people

“I worked with an older gentleman in his 70s. He found the programme so useful and we found that he could spend a lot of time on the programme as **he was retired, so could make use of the programme every day**. It became part of his daily routine.”

Berkshire, Talking Therapies  
Supporter

“Client is engaging well and **using programme and tools regularly between sessions** – client is psychologically minded and I feel this has helped a lot with how well they are doing. Now in recovery from severe anxiety and depression symptoms.”

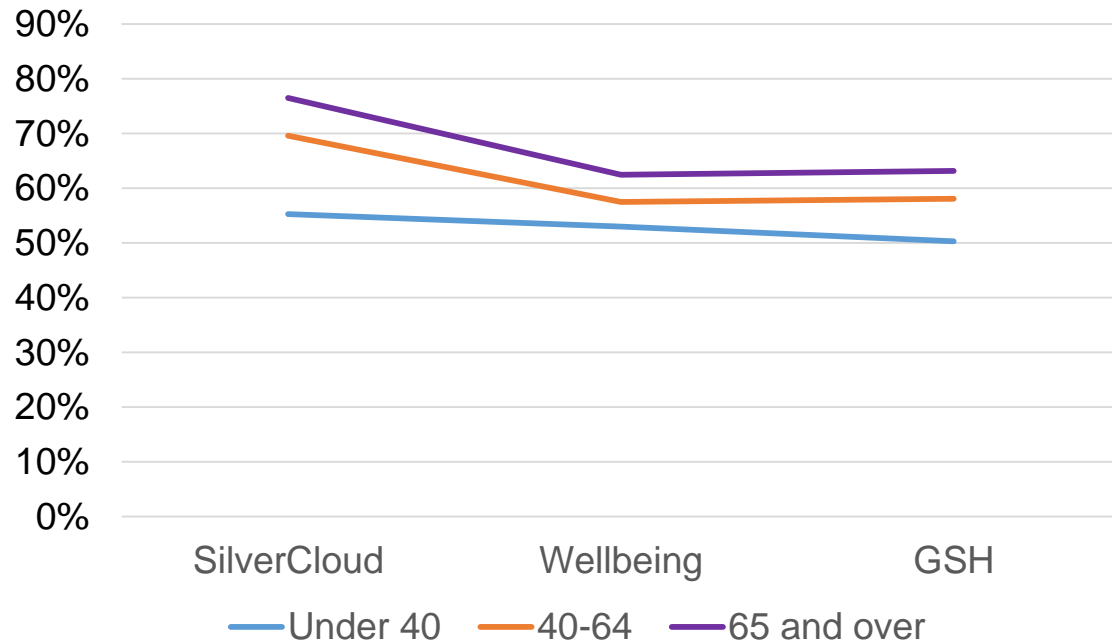
Berkshire, Talking Therapies  
Supporter





# IAPT for Older People

Recovery by Therapy Type and Age



# iCBT for older people

"We find that it's around the same proportion of each age group that uses it, so **as many 65-74-year-olds choose it proportionately as 18-64-year-olds.**"

Obviously, there are less 65-74-year-olds presenting to services but proportionately they are as likely to choose SilverCloud as 18-64-year-olds."



iCBT for older people

What do older people  
themselves tell us?

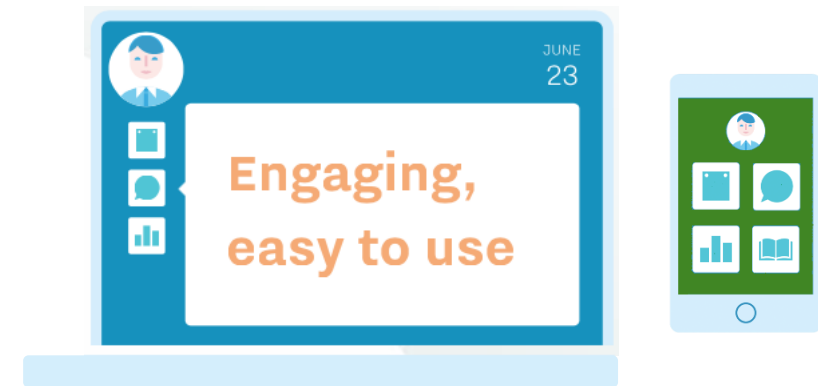
# iCBT for older people

“My supporter, therapist, was excellent and helped me in all of the points I asked for help on and also made suggestions where I can help myself further. He was really great and let me lead my treatment which was key as I know I have done well. I was anxious about the end of treatment and support available but **was reassured that I can still access for another 9 months and can also call if I feel I need help.** I hope I won't but just knowing I can call is very reassuring. Thank you for all the help and I will take this on and forward and recommend for anyone I know who made need similar help.

- Older adult user

It totally changed my opinion on CBT therapies as I was very skeptical at first. But after the first few weeks, I was able to start to re-adjust my thinking patterns through a series of **tailored modules that I could work through at my own pace** which was really helpful. My therapist was very helpful and understanding and made me see that I wasn't alone which I think was one of the most important things for me. I also think its great that I have access to the system for up to a year in case I want to go back over the information provided or work with any of the tools given.

- Older adult user



# iCBT for older people

## Summary so far:

- iCBT is an acceptable treatment for older people
- *Misconceptions about problems*
- *Potential of breaking barriers*
- *Something to build on*
- Experience of practitioners and users alike is positive
  
- **New approaches are required to improve access to psych services**

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# **Integrated care and iCBT for Chronic Conditions**

# Integrated Care for older people

It is estimated that 40% of people over 65 years old and over two thirds (69%) of over 85 year olds have a long term illness.

Age UK (2016) Later Life in the United Kingdom

Depressed patients are three times less likely to adhere to recommended medical treatment regimens for their chronic health conditions than non-depressed patients

DiMatteo et al. (2000)

Research indicates that both anxiety and depression in older adults are associated with poorer outcomes and the exacerbation of physical illness

Braam et al. (2005); Brenes et al. (2008)

Anxiety and depression  
poorer physical health  
outcomes



Depressed  
patients

3x

Less likely to adhere to  
treatment regimens

# Integrated IAPT

Programmes tailored to help those living with chronic conditions.

Condition-specific programmes for:



## COPD

SPACE IN COPD FROM  
DEPRESSION AND ANXIETY



## CHRONIC PAIN

SPACE IN CHRONIC PAIN FROM  
DEPRESSION AND ANXIETY



## DIABETES

SPACE IN DIABETES FROM  
DEPRESSION AND ANXIETY



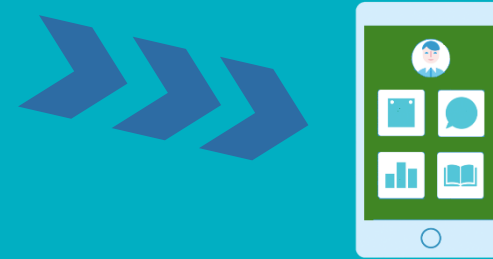
## CHD

SPACE IN CORONARY HEART DISEASE FROM  
DEPRESSION AND ANXIETY

## Benefits of iCBT for chronic conditions

Breaks down barriers to access – due to stigma or their specific condition

Accessible anywhere; available 24/7 on all devices



Helps users better understand the link between physical and mental health

Prevents drop-out and increases treatment satisfaction

Provides continuum of care

Improves self management and adherence



# Thank you.

[www.SilverCloudHealth.com](http://www.SilverCloudHealth.com)

