

# Three Words to Bring IAPT to Life for Older People

## Summary of Table Top Feedback

- Ask the individual
- Connecting and understanding
- Let's talk older people
- Mental health friends
- Engage, respect, improve
- Need not age
- Promote, invest, collaborate
- Choice, language, personalisation
- Pitch to suit
- Spread the word
- Enabling new tricks
- Selling your wares
- Promotion, accessibility, integration
- Improve your wellbeing
- Language that speaks