

Getting experience in psychiatry

Psychiatry placements

Over half of foundation doctors complete a psychiatry placement where you can:

- Gain experience and develop clinical skills of working in psychiatry
- Get involved in audits, quality improvement projects, research and teaching

What if I can't do a foundation placement in old age psychiatry?

- Organise a taster week in old age psychiatry
- Shadow the liaison psychiatry team in your local acute hospital
- Undertake a psychiatry themed audit or quality improvement project in your other placements
- Consider an 'F3' year working in a locum post as a core trainee in psychiatry
- Contact the Old Age Faculty at the College for more information, or get in touch with your local friendly old age psychiatry consultant!

What if I haven't had any experience in old age psychiatry?

You can still apply for core training.

Mental health problems and illnesses like dementia are so prominent in older people that they are often admitted to general hospitals. You're almost guaranteed to see these types of cases on your other foundation rotations.

How can I find out more about Old Age Psychiatry?

Become a Foundation Associate of the College for free and get:

- Discounted rates for the College's International Congress
- Free electronic subscription to the College's award-winning journals BJPsych, BJPsych Bulletin and BJPsych Advances
- Regular e-newsletters to keep up to date with what's happening in psychiatry and at the College
- Free events for medical students and foundation doctors
- 10% discount on RCPsych Publications
- Discounted subscription to the College's eLearning site CPD Online

For further info - www.rcpsych.ac.uk



@RCPsychOldAge

A Career in Old Age Psychiatry



"...in old age psychiatry, the teams I have worked with are the most cohesive... this is where I have seen the biopsychosocial model and teamwork, communication and mutual support really come into play."

Higher trainee in old age psychiatry

What is an Old Age Psychiatrist?

An Old Age Psychiatrist is a doctor who provides specialised assessment, treatment, and continuing care for older adults or those with similar needs.

Our patients suffer from a range of mental illnesses including dementia and other disorders such as depression or schizophrenia.



Why become an Old Age Psychiatrist?

- There is huge demand for old age psychiatrists because the UK has a rapidly growing ageing population
- Working with older adults is fulfilling and rewarding – you feel like you are really making a positive difference, even with long term conditions like dementia
- Older adults require a holistic, biopsychosocial approach which will make best use of all your skills in both physical and mental health
- Care and treatment in old age psychiatry has great outcomes. You feel truly valued by both your patients and peers
- Old age psychiatry is varied and complex – we work with the same conditions as general adult psychiatry plus complex cognitive disorders like dementia
- Team working in multidisciplinary teams is key – you will work closely with doctors, nurses, psychologists, occupational therapists and social workers secure the best outcomes for your patients
- Old age psychiatry involves a combination of medical detective work and excellent communication skills
- Old Age Psychiatrists have a firm grounding in neuroscience and are at the forefront of research into dementia and psychiatric symptoms of organic illnesses
- You can work in different settings such as community and crisis teams, memory services, liaison in acute inpatient and rehabilitation wards, care homes and more
- The majority of applicants get their desired location. Varied training opportunities are available, and trainees are encouraged to take study leave
- Flexible training and working are encouraged and accommodated



How do I become an Old Age Psychiatrist?

Three year Core Psychiatry Training

Complete 6 month placements in a wide variety of Psychiatry subspecialties

Develop research skills, undertake psychotherapy cases, attend academic and MRCPsych teaching

Royal College of Psychiatrists' membership exam

Core trainees are supported to pass

Higher training scheme

3 year older adult psychiatry training **or**

4 year dual old age and general adult psychiatry

Pass annual ARCP

training complete – and there is no exit exam!