

## Useful resources

### ***Assessing the Geriatric Depression Scale and the Geriatric Anxiety Inventory and education about depression and anxiety amongst the older Chinese community in Australia study (NARI, 2014)***

- Translating and culturally adapting depression, anxiety and other mental health screening and assessment tools for older people from CALD communities: a practical guide.

Available at: [www.nari.unimelb.edu.au](http://www.nari.unimelb.edu.au)

- Screening for depression and anxiety among older Chinese people: a guide for health professionals.

Available at: [www.nari.unimelb.edu.au](http://www.nari.unimelb.edu.au) and [www.beyondblue.org.au/resources](http://www.beyondblue.org.au/resources)

### **Australian Chinese versions of the GDS and GAI (including instructions and scoring)**

Available at:

- [web.stanford.edu/~yesavage/GDS.html](http://web.stanford.edu/~yesavage/GDS.html)
- [www.gai.net.au](http://www.gai.net.au)

### **Victorian Transcultural Mental Health**

[www.vtmh.org.au](http://www.vtmh.org.au)

### ***The assessment of older people with dementia and depression of culturally and linguistically diverse backgrounds: A review of current practice and the development of guidelines for Victorian Aged Care Assessment Services study (NARI, 2011)***

- Tip Sheet 1: Assessment and people from culturally and linguistically diverse (CALD) backgrounds (discusses person centred care and assessment, communication and good practice and tips for bilingual assessors although the focus is more on cognitive assessment)
- Tip Sheet 2: Working with interpreters
- Tip Sheet 6: The Geriatric Depression Scale (GDS)-15

Available at: [www.nari.unimelb.edu.au/nari\\_research/nari\\_research\\_mental-health.html](http://www.nari.unimelb.edu.au/nari_research/nari_research_mental-health.html)

## Where to find more information

### ***beyondblue***

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Learn more about anxiety and depression, or talk it through with our Support Service.

☎ 1300 22 4636

✉ Email or 💬 chat to us online at [www.beyondblue.org.au/getsupport](http://www.beyondblue.org.au/getsupport)

### ***mindhealthconnect***

[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)

Access to trusted, relevant mental health care services, online programs and resources.



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