



Winnie Lau, Registered Psychiatric Nurse

Winnie is a Registered Psychiatric Nurse and has been working with Vancouver Coastal Health's Older Adult Mental Health and Substance Use Service for 24 years. She is currently working as a case manager at Vancouver Mental Health and Substance Abuse (MHSU) Older Adult Program, North East neighbourhood in Vancouver. She has a special interest in the multicultural aspects of mental health, and works primarily with the frail elderly of Chinese ethnicity and their families.

Session: *Related Resources for Management of Frailty in Seniors*

- Objectives:**
1. What community resources are available
 2. How to access community resources
 3. Long term and advance care planning options