



Behavioral Health And Older Adults: A Focus On Wellbeing


ComfortMatters™
From Beatitudes Campus
Living Better with Dementia

What To Expect From Today's Session

- Define behavioral health and how it specifically impacts older adults.
- Discuss common conditions such as anxiety, depression and dementia.
- Identify the challenges associated with meeting the behavioral health needs of older adults.
- Identify strategies to enhance wellbeing for older adults with behavioral health needs.

What Is Behavioral Health?

Behavioral health generally refers to mental health and substance use disorders, life stressors and crises, and stress-related physical symptoms.



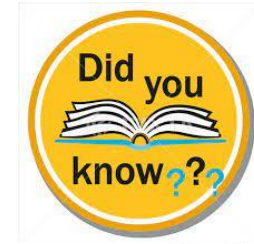
Behavioral health care refers to the prevention, diagnosis and treatment of those conditions.

Behavioral Health By-The-Numbers...



- Thirty percent have diagnosis of anxiety disorders
- Thirteen percent have diagnosis of depressive disorders
- Ten percent have diagnosis of dementia
- Six percent have diagnosis of substance use disorders
- Less than one percent have diagnosis such as schizophrenia or other mental health conditions.

Anxiety Disorders



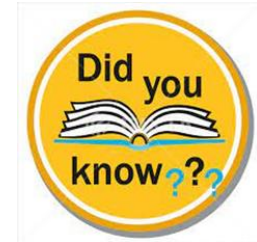
Common Types of Anxiety

- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Social Anxiety Disorder

Common Symptoms

- Nervous, restless, tense
- Sense of impending danger
- Increased heart rate
- Hyperventilation
- Sweating, trembling and trouble concentrating

Depressive Disorders



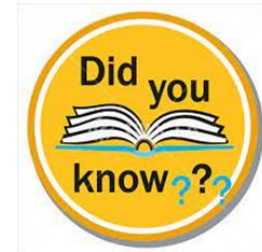
Common Depressive Disorders

- Major depressive disorder
- Persistent depressive disorder
- Bipolar disorder

Common Symptoms

- Continuous low mood or sadness
- Feeling hopeless or empty
- Low self esteem
- Anger directed towards self or others

Dementia



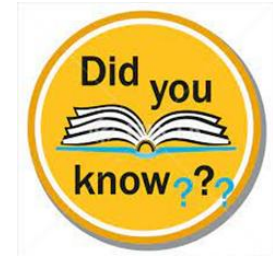
Common Types of Dementia

- Alzheimer's disease
- Vascular dementia
- Lewy body dementia
- Frontotemporal dementia
- Mixed dementia

Common Symptoms

- Trouble thinking including recall, insight, impulse control and decision-making
- Behavioral irritability
- Communication deficits
- Self care deficits

Substance Use Disorders



Common Types of Substance Use Disorders

- Alcohol, marijuana or hallucinogen abuse
- Prescriptive medication abuse

Common Symptoms

- Impaired control
- Social impairment
- Risky use
- Tolerance and withdrawal

Dual Diagnosis



Barriers to Behavioral Health Care



Financial

Access to service

Limited awareness

Social stigma

Cultural bias

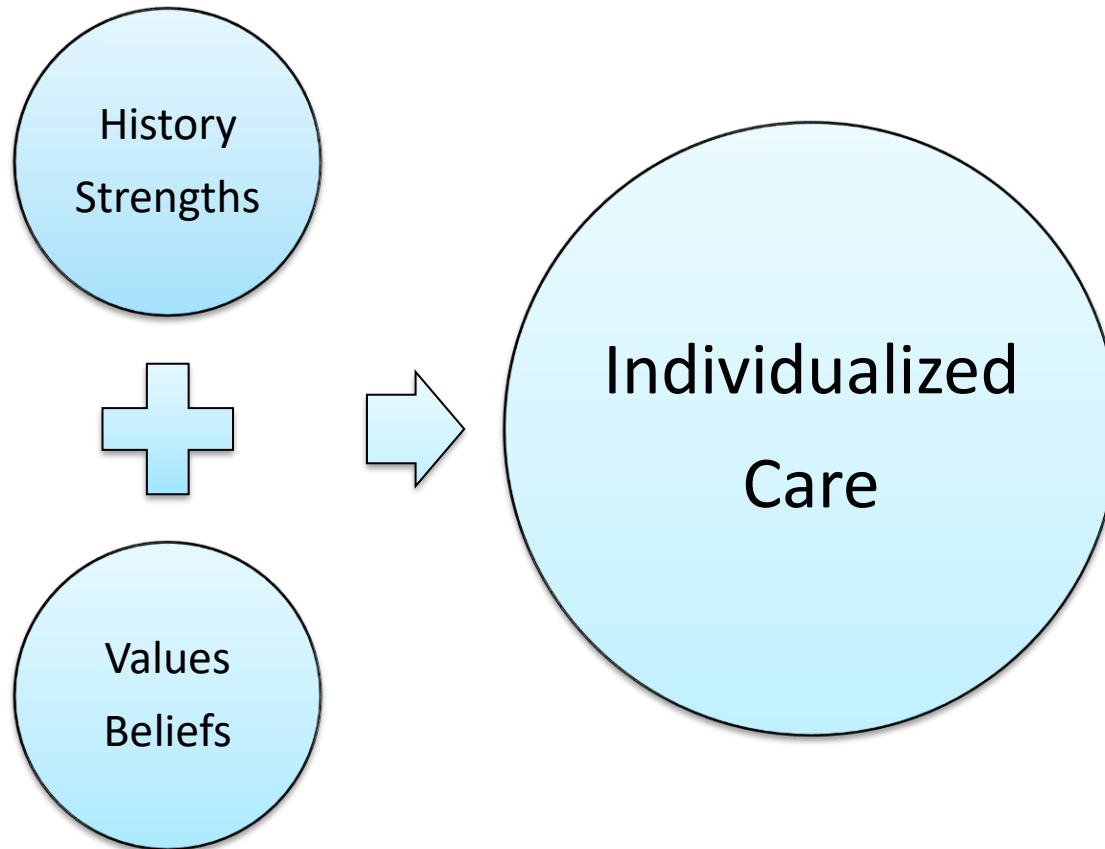
Meeting Behavioral Health Care Challenges

Learn as much as you can about the person's experience

- Onset
- Severity
- Frequency
- Past treatment
- Other illnesses



Person Centered Care Is Behavioral Health Care



Get To Know The Person

- The person is NOT his/her diagnosis and NOT his/her treatment.

The image shows two overlapping forms. The top form is titled 'HEALTH and SOCIAL HISTORY' and contains sections for student information, family details, and school performance. The bottom form is titled 'Social History' and is a detailed questionnaire covering personal information, physical address, mailing address, telephone numbers, and birth history. It includes checkboxes for various conditions and circumstances.

HEALTH and SOCIAL HISTORY

Student's name: _____
 School: _____
 Home address: _____
 Physical address: _____
 Parents' living and last name: Mother only _____ Other _____
 Father only _____ Both _____
 Family Name: _____
 Occupation: _____
 Child's relationship to parents: Father only _____ Mother's Name: _____
 Child living with: Both parents _____ Adopted _____
 Family living in home: Father only _____ Mother only _____
 Previous schools attended (name and address): _____
 Attendance problems? Yes _____ No _____ Explain _____
 Has your child ever been truant? _____
 Previous school services received (such as Special Education, Speech, _____) _____
 Previous community services received (such as Social Services, Mental _____) _____
 What are your expectations for your child at school in terms of performance? _____
 Current concerns or problem areas you see with your child (academic, behavior, physical, employment, financial problems, etc.): _____
 What, if anything, is happening in your family which might be contributing to _____
4. PREGNATAL
4. Pregnancy and Birth
 1. When this child was born, how old was the mother? _____
 2. How long was this pregnancy? _____
 3. What kind of problems, (diabetes, cramping, etc.), ailments, _____
 4. While pregnant, did you take any drugs other than vitamins or _____
 5. If yes, which? _____
 6. What kind of problems did you have with any other pregnancies? _____

Social History

Division of Services for People with Disabilities (DSPS)
 Applicant's Name: _____
 Today's Date: _____
1. Applicant's Personal Information
 Applicant's First Name: _____
 Nick Name: _____
 Social Security Number: _____
 Applicant's Middle Name: _____
 Applicant's Last Name: _____
 Is the Applicant Home Bound? Yes No
 Height: _____
 Weight: _____
 Country the Applicant was born in: USA Other: _____
 Applicant's Primary way of communicating: _____
 Applicant's Primary Language: _____
 Is the Applicant a US Citizen? Yes No
 Applicant's Primary Language: _____
 Does the Applicant understand English? Yes No
2. Applicant's Physical Address
 Address: _____
 City: _____
 State: _____
 Zip: _____
3. Applicant's Mailing Address (if different)
 Address: _____
 City: _____
 State: _____
 Zip: _____
4. Applicant's Telephone Number(s)
 Home Telephone: _____
 Work Telephone: _____
 Mobile/Cell Telephone: _____
5. Applicant's Birth
 • What was the Mother's age when the Applicant was born? Yes No
 • How long was the labor (in hours)? Yes No
 • Was the Applicant's birth normal? Yes No
 • Was the Mother ill during the pregnancy? Yes No
 • Were any medical procedures performed during the pregnancy? Yes No
 • Were any medical procedures performed during the pregnancy? Yes No
 • Were any obstetric complications during the pregnancy? Yes No
 • What kind of delivery occurred (e.g. normal, breech, C-section, etc.)? _____
 • General comments: _____
 • Did the Mother use any drugs during the pregnancy with the applicant? Yes No
 • If so, list them along with the frequency of use: _____

Use What You Know

- Share the information liberally with all staff members.
- Use the information with the person during interactions.
- Inform team members of any new information that was learned.



Engagement Is A Priority

- The reality of living with chronic concerns...
- The need for purpose no matter the challenge.
- Individuality is key.



Anticipate Needs

- Actions more than words...
- Must be supported by process and community culture.
- Must be adapted as the person's needs change



What About Medication...



The Connection Between Pain And Behavioral Health

- Pain is under recognized and under treated for older adults.
- Pain can worsen behavioral health concerns and vice versa.
- Psychotropic medications are often favored over treatment for pain.
- Pain management is more than medication.

Comfort Drives Wellbeing



What Is Comfort?

Merriam-Webster's definition

- *“To give strength and hope to”*
- *“To ease the grief or trouble of”*

Synonyms:

assure, cheer, console, reassure, soothe

Antonyms:

Distress, torment, torture, trouble

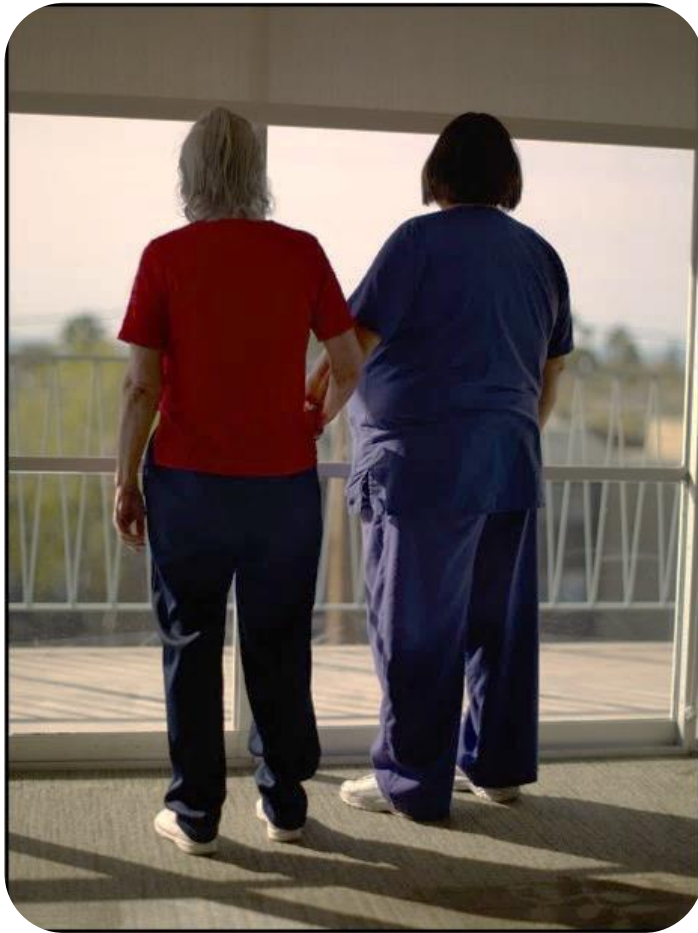


Why Comfort Matters



- Comfort is a life-long need for all human beings.
- From infancy we find ways to make ourselves comfortable and practice them throughout our lives.
- Mental health conditions do not change the need for or the benefits of comfort.

What Comfort And Wellbeing Looks Like



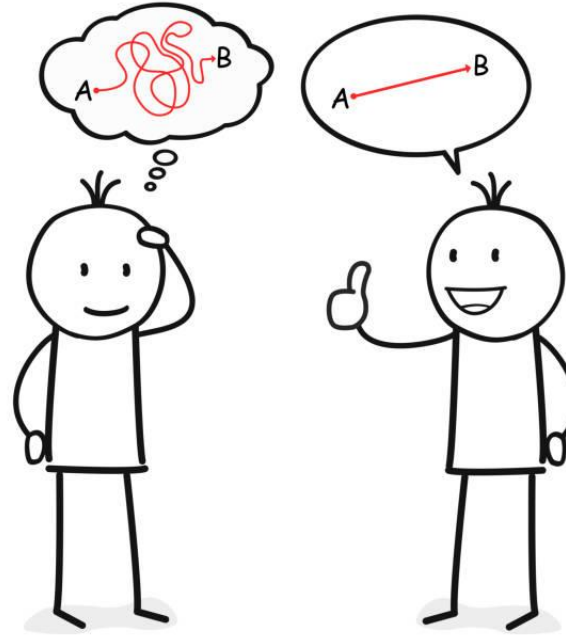
- They are free from pain
- They sleep when they're tired and wake when refreshed
- They eat what they enjoy when they're hungry
- They receive care on their own terms
- They are engaged in things that make sense to them
- They experience an environment which meets their needs at every level

All Behavior is Communication



Our job is to figure out what the person's
behavior and actions are telling us.
If we do that, we can help them be successful.

What changes for people who have trouble thinking is:



1. The ability to make themselves comfortable and
2. How they communicate when they are uncomfortable

How Do We Get To Comfort and Wellbeing?



Comfort – Wellbeing Map

What are the person's symptoms and actions?	What is the person telling us through words or actions?	What can we do to make things comfortable for the person?

Comfort - Wellbeing Map

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Meet Crystal



Crystal's Comfort – Wellbeing Map

What are Crystal's symptoms and actions?	What is Crystal telling us through words or actions?	What can we do to make things for comfortable for Crystal?

Final Thoughts

- A focus on behavioral health and behavioral health care gives us the latitude to help people with concerns.
- People are not their diagnosis or their treatment.
- There are tips and techniques that promote wellbeing for people living with behavioral health concerns.

QUESTIONS

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