



BUILDING PARTNERSHIPS FOR
OLDER ADULT BEHAVIORAL HEALTH

Band-aids for the Brain:

Supporting People experiencing depression and anxiety

Adult Care Home Conference

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Older Adult Behavioral Health Initiative



BUILDING PARTNERSHIPS FOR
OLDER ADULT BEHAVIORAL HEALTH

- In 2015 Oregon began an initiative to address the complex needs of older adults and persons with physical disabilities
- 26 positions throughout Oregon
- building support for older adults and persons with physical disabilities to be better served

Who are you?

Why are you in this session?

Activity



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When serving clients with complex needs, which of the listed concerns are a priority for you?

(vote with stickers)

Myths of Aging



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- Depression or sadness is normal
- Older adults don't have substance abuse problems
- Thinking about ending one's life is inevitable
- Isolation is normal
- Patients know about the potential risks of mixing alcohol with prescriptions
- It's too late to address Behavioral Health problems with older adults

Facts about Behavioral Health



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- **People can recover!**
- 25% of older adults will experience a mental health problem, most commonly depression or anxiety
- Older Adults are significantly less likely to seek treatment for mental health problems or substance use disorders.
- Rates of Suicide are higher for older adults
- Behavioral health issues can lead to personality changes, “behaviors”, medical complications, increased risk of falls, sleep disturbance... all of which impact their community and **caregivers**

Depression & Anxiety



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- What to look for:
 - Somatic Symptoms
 - Mood symptoms
- What can contribute to or mimic depression or anxiety?
 - rX drug side effects
 - physical health problems
 - substance use disorder

Depression & Anxiety



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- How to help:
 - check yourself- are you able to be helpful?
 - ask!
 - identify allies
 - remain calm (mirror neurons)
 - know when to ask for professional support

Grief & Loss



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Grief over ...

Normal v. Pathological Grief

Cumulative Loss

- Is it okay to ask about grief and loss ?

Isolation & Loneliness



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How does this impact older adults and persons with physical disabilities?

What can we do to help reduce isolation and loneliness?

Suicide



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- Warning Signs of Suicidal thoughts
- Active v. passive suicide
- “Are you going to kill yourself”
 - “Do you have a plan?”
- CALM and ASSIST trainings available online and in many communities

Next Steps



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- Schedule walk with a resident
- Consider how to create/support community in your home
 - library trips to read with children
 - pets in the home
 - coordinating social events with other care home providers
 - visitors who can bring in activities (chair yoga)
- Practice! Tell your friends, practice with staff, use one strategy from today before the end of the day
- Post a phone number on the wall (warm line?)
- Explore additional training
- Schedule a dinner time chat about community, dreams, feelings, supports

Behaviour Support Services



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- Tri-County Area:
 - <http://www.gettrainedtohelp.com/en/>
 - Mental Health First Aid
 - ASSIST
 - CALM
- National Suicide Hotline 800-273-8255
- Multnomah County Crisis Line 503-988-4888
- Warm Line in your community
 - Senior Loneliness Line in Clackamas County