

# Options For People Who Can't Do Their Part in IPM



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# Overview



- IPM challenges: Mental health
- IPM challenges: Aging
- Resident as team member
- Assembling a team
- Options for intervention

# IPM Challenges: Mental Illness



- Range of symptoms of mental illness make IPM difficult
- Manifestation of mental illness may be unexpected
  - Depression manifests as anger and irritability
- IPM staff may be first person to see/recognize illness and/or impairment
  - Isolated older adult
  - Social anxiety
- Referral for mental health treatment may be part of IPM intervention plan

# IPM Challenges: Mental Illness (con't)



- **Primary mental illness diagnosis**
  - Depression: sadness, lethargy, lack of interest and motivation, sleep and eating disturbances, difficulty concentrating anger, frustration, irritability
  - Anxiety: excessive worry, restless, on edge, difficulty concentrating, fatigued, irritable, sleep disturbance
    - Panic, social phobia, specific phobia, post-traumatic stress disorder, obsessive-compulsive disorder
  - Hoarding: accumulation of large number of possessions, difficulty discarding, urges to save, difficulty with decision making, acquisition
  - Schizophrenia and psychosis: delusions, hallucinations, disorganized speech, affect flattening, catatonic behavior

# IPM Challenges: Mental Illness (con't)



- **Personality disorder diagnosis and features**
  - Obsessive Compulsive: rigid, preoccupied with details, perfectionism, unable to discard worthless objects, miserly
  - Dependent: difficulty with everyday decisions, excessive need to be taken care of, urgently seeks others to nurture
  - Histrionic: excessive emotionality, attention seeking, self-dramatization
  - Borderline: instability of interpersonal relationships, impulsivity, identity disturbance, repeated suicidal behaviors, affect instability, inappropriate anger
  - Narcissistic: grandiose sense of self-importance, lacks empathy, requires excessive admiration, entitled, interpersonally exploitative, arrogant

# IPM Challenges: Mental Illness (con't)



- **Co-occurring mental illness – more than one**
  - Multiple primary and/or primary and personality disorders
- **Life events, circumstances, demographics and culture influences as part of mental health**
  - Employment
  - Living conditions (size, geographic location, accessibility)
  - Transportation
  - Children/child-care
  - Relationships
  - Physical health
  - Genetics
  - Race, ethnicity, gender, sexual orientation, religion

# IPM Challenges: Older Adults



- **Cognitive limitations and impairment**
  - Executive functioning: memory, decision making, attention, task division, multiple step implementation
- **Vision deficits**
  - May be un or under acknowledged limitation
- **Hearing deficits**
  - May be un or under acknowledged limitation
- **Mobility and agility limitations**
  - Unsteady gait/shuffle, limp, unable to bend or reach above head, difficulty turning body, arthritic
  - Use of mobility aide: walker, cane, wheelchair

# IPM Challenges: Older Adults (con't)



- Fall risk
- Trip or crush hazards
- Literacy
- Relational
  - Fear
  - Mistrust
  - Isolation/loneliness

# Resident As Team Member



- Empower resident as central member of team
  - Confidence /self-esteem can be compromised
- Include in all decision making
  - Within limits of resident's capacity
- Consider resident's motivation for compliance

# Assembling A Team



- Expertise beyond IPM
- Allows for carrot-stick approach
- Resource sharing
  - Access to resources
  - Financial
  - Person-power
- Builds network of colleagues for future cases

# Assembling A Team (con't)



- **Potential team members**
  - Mental health
  - Housing
  - Protective services (older adult, child, animal)
  - Public health (nurse)/Board of health
  - Zoning/Inspectional services
  - First responders (fire, police, EMT)
  - (Social work) Case manager, advocate, liaison
  - Home-based care (personal care assistant, home health aide)
  - Occupational therapist
  - Heavy chore service
  - Legal services

# Options for Intervention that Promote IPM



- **Practical strategies**
  - Ask!
  - Physically (re)move objects or eliminate barriers
  - Change lighting, speak louder, deliver instructions both orally and in writing
  - Identify resources to assist with physical limitations or barriers for carrying out IPM
  - Identify trans-disciplinary resources for intervention success
  - On-going follow-up and monitoring

# Options for Intervention that Promote IPM (con't)



- **Supportive**

- Ask!
- Assist with problem solving
- Break tasks down into small, manageable, measurable parts
- Provide or garner support for carrying out tasks
- Recognize acceptable intermediate steps on way to larger goal
- Realize limitations related to age or ability may be causing interference; not willful disobedience
- Praise efforts and achievements