Options For People Who Can’t Do Their Part in IPM

ENTOMOLOGICAL SOCIETY OF AMERICA
DECEMBER 15, 2010

CHRISTIANA BRATIOTIS, PHD, LCSW
BOSTON UNIVERSITY SCHOOL OF SOCIAL WORK
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