

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