

Older Adults, Behavioural Disturbances, Mental Health, and Cognitive Impairment: What Home Health Workers, Family, and Friends Need to Know to Improve Client Outcomes

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Learning Objectives

- Realize the rapidly growing need for mental health services and education pertaining to older adults;
- Understand various types of mental illness seen in older adults, and the treatment options for each;
- Become familiar with risks and benefits of medications for treating mental illness in older adults;
- Analyze potential causes of behavioural disturbances and develop appropriate interventions accordingly.

Program Outline

Older adults: the realities of a population boom

- Worldwide changes in the population rate of older adults
- The growing population's impact on resources and services
- Mental Health: the current state of the art

Mental illness and older adults—prevalence, appearance, treatment and outcomes

- How we diagnose: The DSM-5
- Medications: risks and benefits for older adults
- Anxiety disorders
- Psychotic disorders
- Personality disorders
- Mood disorders

The three "D's": dementia, delirium, and depression

- How they can seem alike
- Important ways they are completely different
- The importance of early recognition (i.e., how a diagnosis of depression can be good news)

Behavioural disturbances

- Behavioural challenges in various care settings
- Medications versus other (i.e., non-pharmacological) treatments
- How to effectively assess for causes of behavioural issues
 - Health/medical causes
 - Environmental causes
 - Approach-related Causes
 - Resident (i.e., individual) Causes
- Using assessment results to choose interventions
- Examples of non-pharmacological interventions developed and applied appropriately and successfully