

On The Horizon:

Serving Co-Occurring Populations in the Older Adult Setting



PAPA 2019

Part II

What is the Diagnostic and Statistical Manual of Mental Disorders (DSM) and why is it important?

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the handbook used by health care professionals in the United States and much of the world as the authoritative guide to the diagnosis of mental disorders.

DSM contains:

- Descriptions
- Symptoms
- Other criteria for diagnosing mental disorders
- A common language for clinicians to communicate about their patients
- Establishes consistent, reliable diagnoses that can be used in the research of mental disorders.

Source: <https://www.psychiatry.org/psychiatrists/practice/dsm/feedback-and-questions/frequently-asked-questions>



Perceptions and Understanding Substance Abuse

- Overcome stigma, ending discrimination
- Why substance use is a “disease” and why it’s important
- Reducing discriminatory practices in clinical settings
- Future without discrimination and discriminatory practices

Critical Element Pathways: can be seen as an application of process management thinking to the improvement of patient healthcare. An aim is to re-center the focus on the patient's overall journey, rather than the contribution of each specialty or caring function independently.

- 20065 Activities
- 20067 Behavioral/ Emotional
- 20082 Unnecessary Medications

Non Pharmacological Approaches: strategies that are used for the purpose of preventing, reducing, or eliminating behavioral and psychological symptoms associated with dementia without the use of, or in conjunction with, pharmaceutical agents. These interventions are based on the specific needs, preferences, and the functional abilities of the older adult

(CohenMansfield, Libin, & Marx, 2007; Janzen, Zecevic, Kloseck, & Orange, 2013).

Nonpharmacological interventions fit three broad categories:

- (a) unmet needs interventions that assume the behavior is a form of communicating an underlying need, such as pain reduction or sensory stimulation;
- (b) behavioral interventions that assume the individual’s behavior has been inadvertently reinforced (e.g., screaming to get attention);
- (c) reduced stress-threshold interventions that assume a mismatch between the individual’s abilities to cope and demands of the environment (Cohen-Mansfield, 2001; Lawton & Nahemow, 1973).

Interventions:

- seeking underlying causes of the behavior
- staff education
- modification to the environment
- providing for a basic unmet need
- having residents engage in diversional tasks
- activity engagement based on rt. specific profile, or behaviors and needs
- sensory practices (aroma, massage, multi-sensory stimulation, bright light),
- psychosocial practices (validation therapy, reminiscence therapy, music, pets, meaningful activities

Source: <https://pdfs.semanticscholar.org/218b/3a3875d185147880aa9d4b33fe28a05eded3.pdf>



SELF-SOOTHING

Self-Soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound



Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats

Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



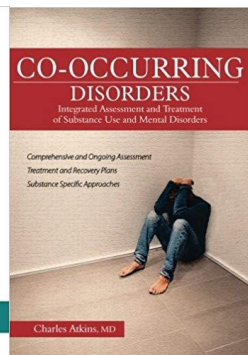
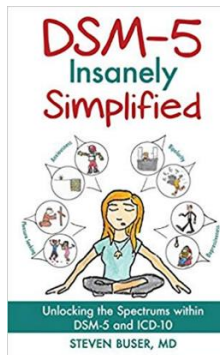
Taste



Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors

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Resources



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