SPOP
SERVICE PROGRAM FOR OLDER PEOPLE

Supporting Older Adults in PROS

NYAPRS 6ᵗʰ Annual PROS Implementation Academy

PROS: Appealing to New Populations

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Workshop Objectives

❑ Look at recovery through the lens of the older adult.

❑ Review how a typical PROS program must adjust to meet the needs of the older adult.

❑ A look at some of the physical and other accommodations needed when working with the older adult.

❑ Provide you with examples of age appropriate recovery goals for older adults..

❑ Answer <u>your</u> questions about older adults and recovery.

About SPOP/Service Program for Older People

Founded in 1972 to provide mental health services to age 55-plus

- ❑ MENTAL HEALTH CLINIC serves over 600 clients annually
- ❑ OUTREACH through satellite sites and home visits to disabled seniors
- ❑ SPECIALIZED SUBSTANCE USE counseling for dual diagnosis clients
- ❑ FREE BEREAVEMENT SUPPORT for adults of all ages
- ❑ TRAINING & EDUCATION in the field
- ❑ INFORMATION & REFERRAL services for adults and caregivers

and

- ❑ NEW YORK STATE'S ONLY PROS PROGRAM EXCLUSIVELY FOR OLDER ADULTS
- ❑ PROS was launched October 1, 2013 as the successor to a long-standing CDTP program.

Typical Questions

- ❑ Will an older participant understand the concept of recovery after years of traditional inpatient and outpatient treatment?

- ❑ Will recovery-oriented services "work" for older adults?

- ❑ What do life role goals look like for older people?

- ❑ How are we going to provide interventions and groups that were designed for the "younger folks"?

Recovery: a focus on promoting wellness rather than treating illness.

❑ Let's look at what Recovery looks like for the typical adult…

    ❑ Hope

    ❑ Independence

    ❑ Work

    ❑ Education

    ❑ Housing

    ❑ Support

    ❑ Better quality of life

    ❑ Friends and Family relationships

    ❑ Good Health

    ❑ Purpose / Productivity

    ❑ Better connections

❑ And, now let's look at what Recovery looks like for the Older Adult…

Life Roles for Older Adults
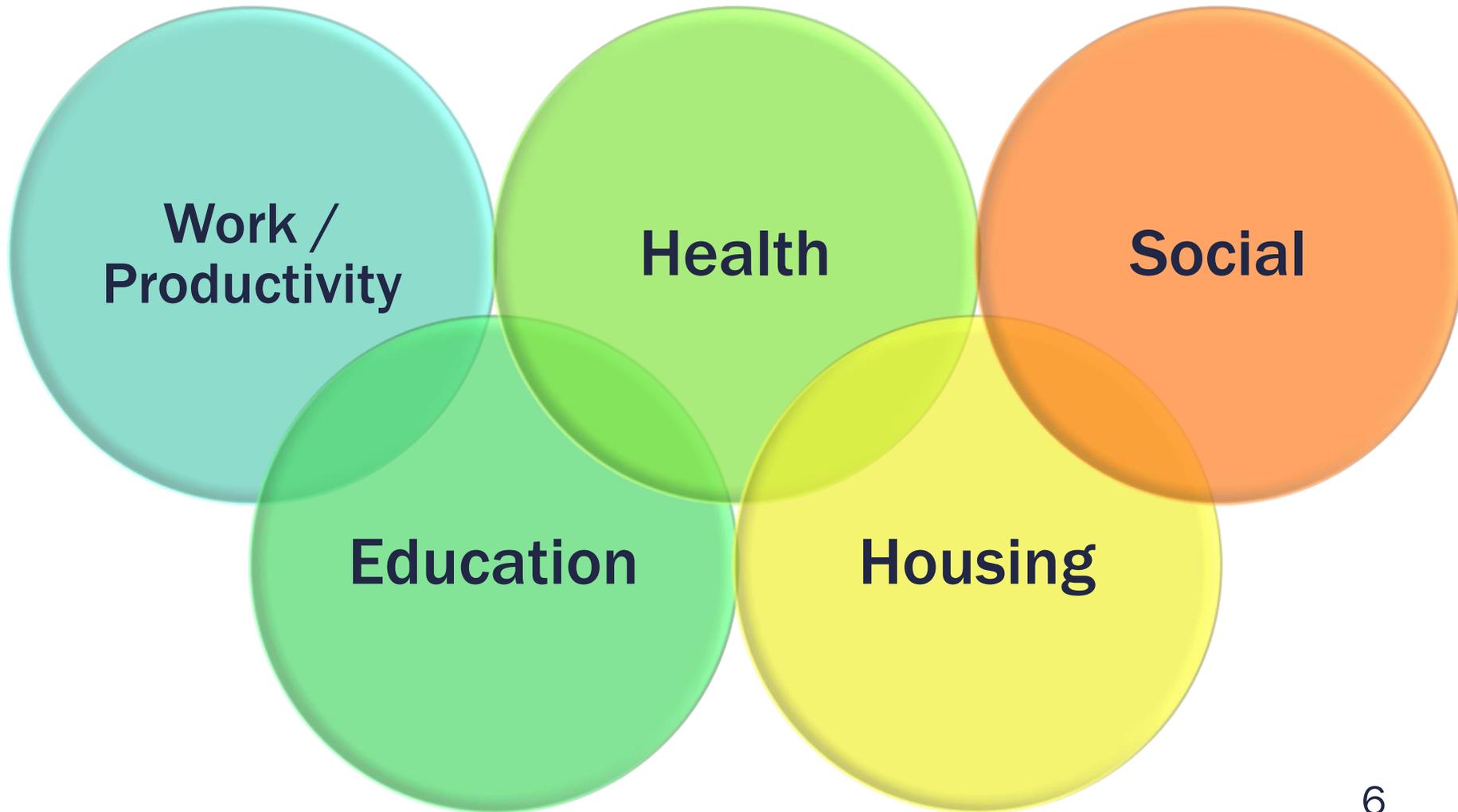
Life Roles for Older Adults

Social

- ❑ As we get older our natural social networks shrink.

- ❑ Complex issue for individuals who have been in the mental health system and not focused on recovery for 40 – 50 years.

- ❑ **Goal:** "Have a better relationship with my wife and daughter."

  - ❑ Re-establish contact with family/ friends.
  - ❑ Access community resources such as Senior Centers, Community Centers and Religious organizations.

Life Roles for Older Adults

Work /
Productivity

- ❑ "Work" definition needs to broaden.
- ❑ **"Productivity"** is better for older adults.
- ❑ It should include:
  - ❑ Volunteering
  - ❑ Mentoring
  - ❑ Informal employment.
  - ❑ Part time and full time work
- ❑ Goal:
  - ❑ "Get a job helping people"
  - ❑ "I would like to do volunteer work and feel productive."

Life Roles for Older Adults

Education

❑ Definition of education needs to broaden: must individualize it to the particular needs and desires of older people.

❑ Traditional education: GED, BA, Trade.

❑ Older Education:

    ❑ Second language

    ❑ Computer

    ❑ Music or art classes

    ❑ Continuing education.

❑ **Goal**: "I would like to go back to Kollen (study hall)".

Life Roles for Older Adults

Housing

- **Goal**: "I want my own apartment."

- Housing remains an important domain for older people and includes:
  - All OMH supported housing options
  - Assisted Living
  - Senior Housing
  - Family
  - Independent housing.
- Advocating for supported services to maintain an individual in the community:
  - HHA
  - Visiting nurses

Life Roles for Older Adults

Health

- ❑ Not traditional focus for PROS programs
- ❑ More important as our bodies change.

- ❑ Critical issues for Recovery:
    - ❑ physical health
    - ❑ cognitive health
- ❑ **Goal**: "I don't want to be in pain anymore. I can't do anything."

Other Issues that Impact Recovery with Older Adults

❑ Depression and anxiety in older adults can present differently.

❑ Medical stressors such as a UTI can mimic psychosis.

❑ Responses to medication [including side effects] are exaggerated in older people. A small change can lead to an extreme result.

❑ As people age and their medical health becomes more complex they are often on many medications. Complications are likely due to the interactions of multiple medical and psychiatric medications.

❑ Coordination with medical providers is vital.

Accommodations

- ❑ Physical Accommodations:
  - ❑ **Walkers, canes and wheelchairs**.
  - ❑ Fall risk/ assessment.
  - ❑ **Bathrooms**
    - ❑ Wheelchair accessible?
    - ❑ Handrails
  - ❑ Larger font on hand-outs, posters and, most important, documentation.
- ❑ Program Accommodations:
  - ❑ Group focus
  - ❑ Meeting focus
  - ❑ Time and movement between groups.
  - ❑ Activities that interest older persons.

Graduates and Productivity Accomplishments

Name	Domain	Accomplishment	Year 1	Year 2
Jo	Graduated	Established 2x week phone contact with sons, visited son in Peru for 3 weeks for wedding [after saving the money] and is currently working 28 hours/wk. Graduated to Clinic.	X	
Carol	Graduated	Moved back to Long Island to live with her son, daughter-in-law and grandchildren, as they have purchased a home together.		X
Reggie	Graduated	Moved from unsatisfactory housing in a CR/SRO to an Adult Home in Rockland where he is doing well, plays tennis a few times per week, sees his family regularly and is happy.		X
Rory	Graduated	Participant has successfully achieved his goal of increasing the amount people in his support group.		x
Lori	Productivity	Informal employment as a HHA		X
Lori	Productivity	Serving on the Board of her church		X
Ana	Productivity	Volunteer work: animal hospital and Central Park clean up		X
Marcie	Productivity	Part time work: voter registration		X
Marcie	Productivity	Volunteer work: AA sponsor		X
Marty	Productivity	Volunteer work: at Senior Center	X	X
Mo	Productivity	Informal employment as a teacher and translator		X
Harry	Productivity	Volunteer work: at Synagogue		X
Harry	Productivity	Part time work: Host of a public access TV show	X	X

Housing and Learning Accomplishments:

Name	Domain	Accomplishment	Year 1	Year 2
Tina	Housing	Completed HRA and moved into Apartment Treatment	X	X
Tina	Housing	Moved out of Apartment Treatment to live with family [son]		X
Rose	Housing	Moved to [independent?] apartment in the Bronx		X
Liz	Housing	Moved into Family Care Adult Home after losing her housing.		X
Liz	Housing	Completed HRA and interviewed for OMH sponsored housing: waiting		X
Amy	Housing	Moved into renovated apartment in same SRO.	X	
Dick	Housing	Moved to Supported Apartment in the Bronx		X
Aggie	Learning	Learning computer		X
Jane	Learning	Learning computer		X
Will	Learning	Taking a GED class		X
Harry	Learning	Art workshop		X

Social Domain Accomplishments:

Name	Domain	Accomplishment	Year 1	Year 2
Lori	Social	Going out on weekends with a friend		X
Daisy	Social	Established regular phone contact with friends		X
Jane	Social	Attending Goddard Riverside Senior Center regularly		X
Gene	Social	Established regular contact with sister in China via email		X
Mary	Social	Attending Goddard Riverside Senior Center regularly		X
Anne	Social	Established regular contact with daughter and other family via email. Daughter to visit soon.		X
Nessa	Social	Going out on weekends with Lorraine		X
Mo	Social	Established regular phone contact with son living in Israel		X
Amy	Social	Attending Goddard Riverside Senior Center regularly		X
Liz	Social	Reestablished contact with grandchildren after over a year of no contact		X

Questions, Thoughts & Ideas?

Interactive Discussion

Special Thanks:

Amanda Saake & Naomi Weinstein

Center for Rehabilitation & Recovery

The Coalition of Behavioral Health Agencies, Inc.

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