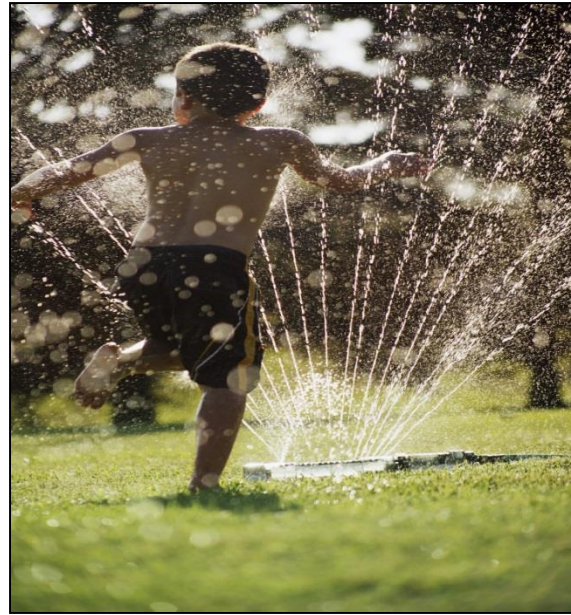


MENTAL HEALTH CHANGES IN OLDER ADULTS

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AGING: common to all living beings

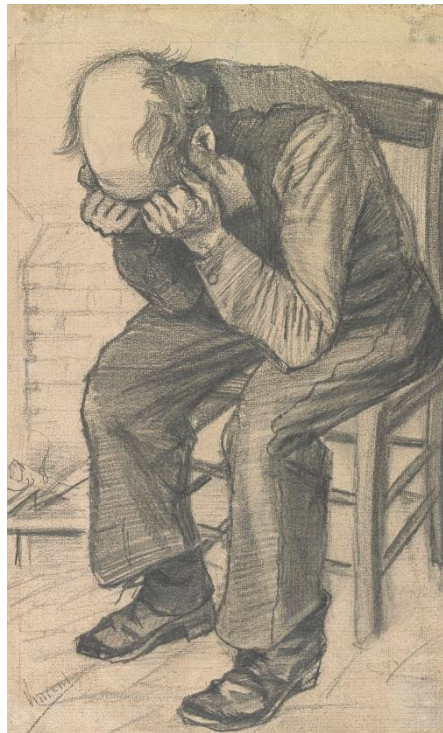
- ▶ Physical Changes
- ▶ Mental Changes



THEORIES OF AGING:

no two individuals are alike

- ▶ Genetic factors
- ▶ Wear and tear
- ▶ Stress
- ▶ Disease
- ▶ Environment



LIFE TRANSITIONS

- ▶ Role changes
- ▶ Ageism
- ▶ Grand parenting
- ▶ Widowhood
- ▶ Retirement
- ▶ Awareness of mortality
- ▶ Declining function
- ▶ Reduced income
- ▶ Shrinking social world



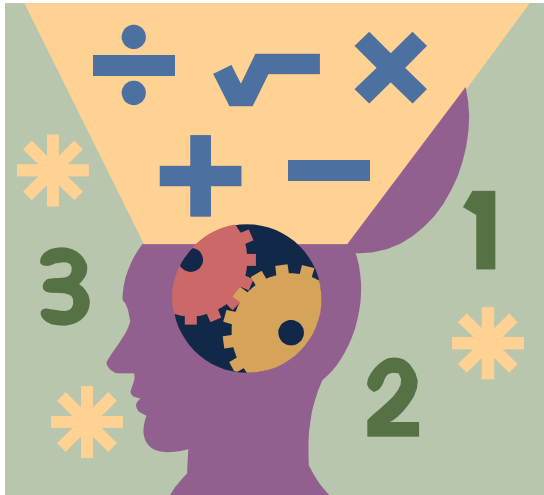
PHYSICAL CHANGES

“I can’t do things like I used to”

“It’s tough to get old.”



MENTAL CHANGES



Personality

Memory

Intelligence

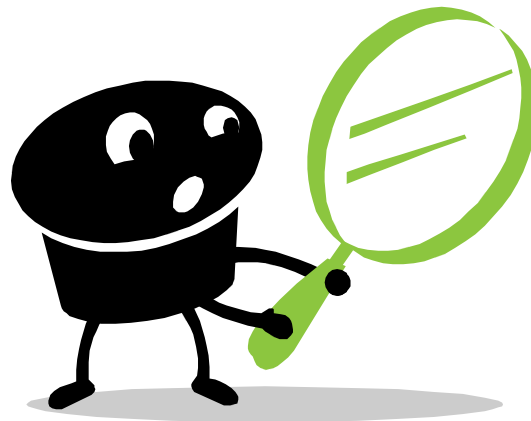
Learning

Attention Span

Mood

MENTAL HEALTH ASSESSMENT

- ▶ **General Observation**
- ▶ **Interview**
- ▶ **Testing**
- ▶ **Physical Exam**
- ▶ **Three Ds: Dementia, Delirium, Depression**



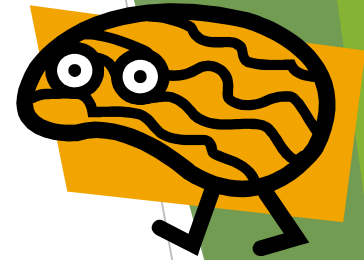
TYPES OF MEMORY CHANGES:

Dementia or Delirium

- ▶ **Delirium:** rapid onset of symptoms
- ▶ **Dementia:** gradual onset of symptoms, similar symptoms except **no** altered level of consciousness
- ▶ **Both can be accompanied by behavioral disturbances**



DEPRESSION



- ▶ Major mental illness
- ▶ Often misdiagnosed
- ▶ More than 50% of nursing home residents
- ▶ 25% of individuals with chronic illnesses: heart disease, stroke, cancer, arthritis, chronic lung disease, Alzheimer's disease, Parkinson's disease
- ▶ May be accompanied by substance abuse/chemical dependency

American Association for Geriatric Psychiatry (AAGP)

DEPRESSION

- ▶ Persistent sadness
- ▶ Difficulty sleeping
- ▶ Low energy
- ▶ Withdrawing from social situations
- ▶ Excessive worries
- ▶ Pacing and fidgeting
- ▶ Feeling worthless or helpless
- ▶ Weight/appearance changes
- ▶ Frequent crying
- ▶ Thoughts of suicide or death



BEST PRACTICE

- ▶ Medication management
- ▶ Talk therapy
- ▶ Family support
- ▶ Therapeutic programming: Recovery Model and Montessori programming, Dialectical Behavioral Therapy (Mindfulness, Emotion Regulation)
- ▶ Supportive therapy: Multi-sensory environment, structure
- ▶ Interdisciplinary Care
- ▶ Relationship-based Nursing Model
- ▶ GEMS Training/Positive Approach to Care
- ▶ Validation Therapy
- ▶ Distraction, Pet Therapy, Horticulture



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