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## Common Living Situations with Older Patients: Balancing Support with Independence

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# Common Living Situations with Older Patients...

Balancing Support with Independence

Kelly Rabah

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# Objectives:

- 1. Understand and discuss common challenges with aging patients that impact safety, independence and quality of life.
- 2. Describe how to assess for safety in living environment as well as what resources are available to support patient/family.
- 3. Know how to identify caregiver challenges, stress, and risk.
- 4. Understand the importance of addressing and documenting concerns and challenges, while being supportive and offering resources to promote QOL and Independence.

# Common Challenges...

- Cognitive Impairment
- Visual Impairment
- Hearing Impairment
- May have reduced or limited social / familial support
- Isolation
- Driving Challenges
- Reduced ADL Functioning
- Illness
- Advanced Care Planning
- Mood

# How do You Assess and Manage these Challenges Outpatient?

- Screening tools available
- Family / Caregiver Interviews
- Quality of Family Relationships
- Quality of Life – Activities, connectedness, and engagement in meaningful tasks

# Safety Assessment:

- Activities of Daily Living, (ADL), include bathing, dressing, nutrition, etc. and are related to things like physical environment including steps, uneven ground or flooring, other obstacles, bathroom hazards, risk for transfers.
- Instrumental Activities of Daily Living ,(IADL), support independent ADL and include driving, shopping, medication management, telephone use, food prep. and financial mgt.

# Resources Include:

- Adaptive and modified equipment
- Accessible environment
- Mobility assists
- Community resources
- Environmental safe guards

# Caregiver Assessment:

- Preparedness
- Identify characteristics for PCG associated with high risk for strain, depression, and poor health
- Explain screening process for elder abuse and neglect



# Having Hard Conversations

- How do you support independence while addressing risk for injury and harm to self and others?

# Case Study: