



Issues in Elder Mediation

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May 31, 2016

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What is the role of the mediator with Seniors

- Insuring that they are well cared for
 - Money and resources used for them
 - No abuse
 - They and families have the knowledge to make decisions they need to make
 - Their needs come first.
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The Basics: Rights of the Aging Seniors have the right to:

- Be spoken to, not about.
 - Be treated as an adult, not a child.
 - Live at risk if they have capacity to make that decision.
 - Be consulted about decisions that affect them
 - Make decisions if competent to do so.
 - Determine who will make decisions for them
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Mediator as Resource: What You Need to Know

- Care systems
 - Caregiving
 - Aging
 - Yourself
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What is the Mediator seeing?

The Family:

- Grief
 - Anxiety
 - Caregiving history and organization
 - Burnout
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Burnout

- Definition: Physical or emotional exhaustion, especially as a result of long-term stress or dissipation
 - Symptoms
 - Depression
 - Anger, irritability, cynicism
 - Sleep disturbance
 - Feelings of hopeless, despair, no way out
 - Decrease appetite or sex drive
 - Changes in Health Status/ Immune System
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Family History

- What's in the history?
 - Trauma and events
 - Who did mom love best
 - Relationships
 - With each other
 - parents
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Family Roles and Structure

- Sib-line: Oldest/youngest/middle
 - Out of town vs in town
 - The still at home child
 - Role:
 - Peacekeeper
 - Communicator
 - Caregiver
 - Black Sheep/Victim
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What is the Mediator seeing?

The Senior:

- ❑ 3D's: Dementia, delirium, depression (Neurocognitive impairment)
 - ❑ Pain
 - ❑ Loss and Depression
 - ❑ Anxiety
 - ❑ Issues with Senior Couples/their relationship
 - ❑ What is the history of decline
 - ❑ Medical history and meds
 - ❑ Abuse
 - ❑ ***Hire a specialist if you need to***
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Dementia, Delirium, Depression

- ❑ **Multiple Types:** Alzheimer's, Parkinson's, Stroke, AIDS, Alcohol, Lewy Body
 - ❑ **Non Reversible,** Long Term, Progressive
 - ❑ **Symptoms:**
 - ❑ Memory Loss,
 - ❑ Executive Function
 - Changes in ability to plan and carry out tasks
 - loss of judgment and decision making ability
 - ❑ Changes in concentration and personality
 - ❑ Psychotic symptomatology
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Dementia, Delirium, Depression

- ❑ **Reversible**, Fluctuating
 - ❑ Can Look like Dementia
 - ❑ Caused by:
 - ❑ Urinary Tract Infection (UTI)
 - ❑ Pneumonia
 - ❑ Over- or mis-medication
 - ❑ Pain
 - ❑ Electrolytes, Potassium, Thyroid Imbalance
 - ❑ Diabetes out of control
 - ❑ Nutrition: Malnourishment, Dehydration
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Dementia, Delirium, Depression

- ❑ **Reversible**
 - ❑ Can Look Like Dementia
 - ❑ Symptoms:
 - ❑ Poor concentration
 - ❑ Memory Impairment
 - ❑ Difficulty with Decisions
 - ❑ Delusions
 - ❑ Decreased Energy
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Interviewing and assessing

Be Aware of the Relationship

- ❑ Situation—intimidation by leather chair
 - ❑ How are they feeling about being there
 - ❑ Do they understand your role and why you are there
 - ❑ Cultural awareness and language barrier
 - ❑ They say what they think you want to hear
 - ❑ Sensory acuity
 - Hearing
 - Vision
 - ❑ What you are feeling and projecting
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Assessing Memory

- ❑ Short term vs long term memory
 - ❑ Are they repeating or looping
 - ❑ Rigidity
 - ❑ Do they ask you general questions about you
 - ❑ Do they ask you to repeat
 - ❑ Can they repeat to you key parts of what you have told them
 - ❑ MMSE: Mini mental status exam
 - ❑ MoCA: Montreal Cognitive Assessment
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Insight, Judgment, Planning: The Essay Questions

- ❑ How do they see their situation
 - ❑ What have they tried to do/ want to do
 - ❑ How do they explain risks, consequences
 - ❑ How are they handling the situation
 - ❑ What decisions have they made
 - ❑ What would you do if?
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Assessing Behaviour

- Sleepy
 - Slurred speech
 - Mobility
 - Ability to stay on subject
 - Appropriateness of interactions
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An Outline of Housing and Costs

	Supportive	Assisted	Complex Care	Campus of Care
Meals	2-3	1-3	3	3
Cleaning weekly	X	X	X	X
Laundry-- linen	X	X	X	X
Recreation	X	X	X	X
Call system	X	X	X	X
Personal Care		X-limited	X	X
Cleaning daily		X	X	X
Laundry personal		X	X	X
Nursing Care			X	X
Rehab			?	?

Costs of Housing

	Public	Private
Seniors Housing	30% of income BC Housing	Market rates
Supportive/ Independent	50-70% of Income BC Housing	1900-7,000 month
Assisted	70% of Income	1900-8,500 month
Complex Care (Nursing Home)	80% of Income	6000-12,000 month

Comparative Costs of Services

	Public	Private
Day Centre	Income-\$32.00	Not available
Live in	2500 per month (Fed Govt TFW)	250-300 per day
Home Support	Minimal- market rate	23-35 per hour
OT/PT	Free (Limited)	90-125 per hour
Care Managers	Free (Limited)	110 per hour
Rehab Assistant	-----	60-75 per hour



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Seniors Housing • Counselling

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