

CAREGIVERS TRACK:

MANAGING

CHALLENGING BEHAVIORS

IN LONG TERM CARE

26TH ANNUAL CONVENTION

HUNTINGTON'S DISEASE SOCIETY OF AMERICA

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***PSYCHOLOGICAL ASSESSMENT*PSYCHOTHERAPY*INTERDISCIPLINARY**
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Presenter Disclosures

Dr. John E. Brose, Ph.D., L.P.

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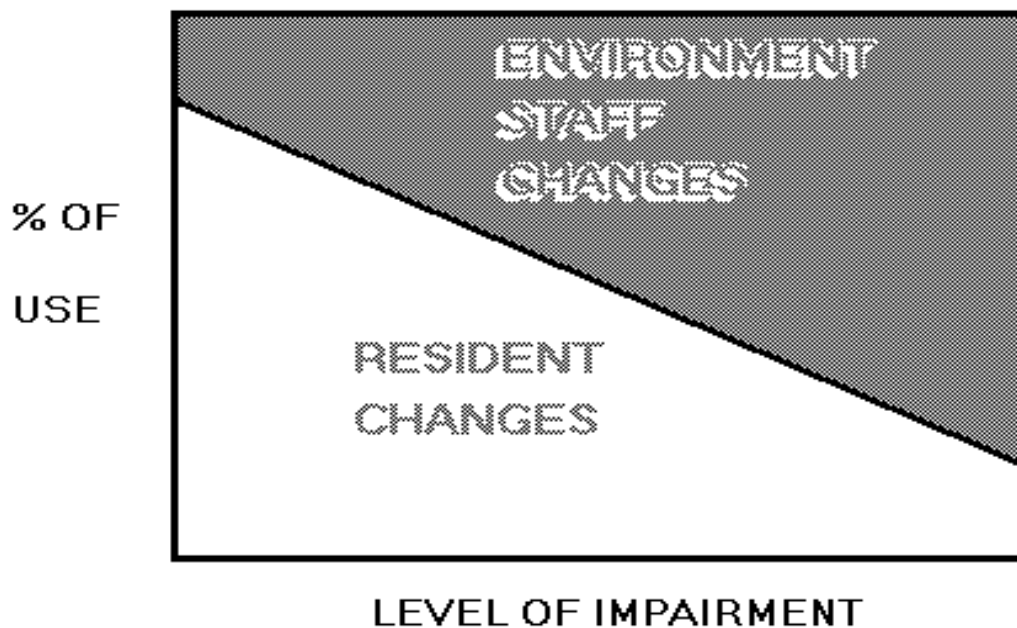
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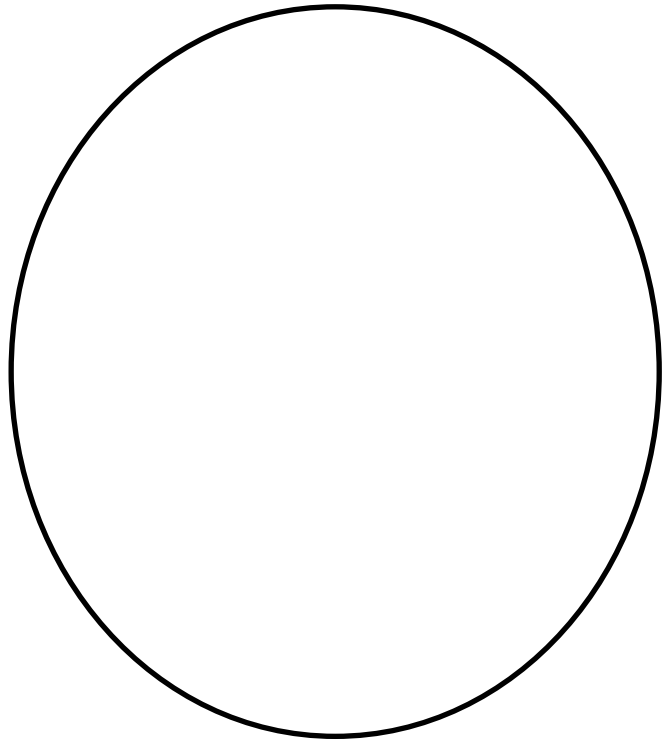
Difficult Behavior Table

ACUTE	CHRONIC
LOW FUNCTIONING	HIGH FUNCTIONING
FUNCTIONAL	ORGANIC
LOW MAINTENANCE	HIGH MAINTENANCE
INDIVIDUAL STRATEGIES	STAFF/ENVIRONMENT

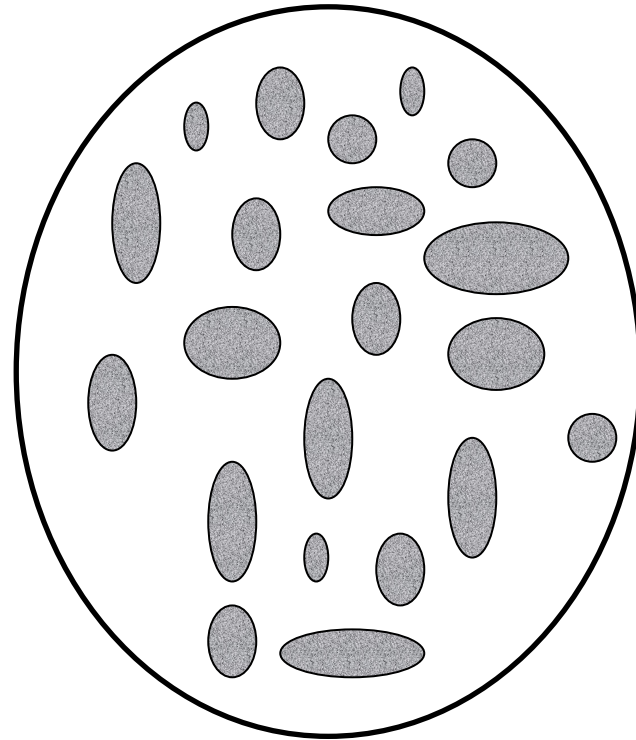
TREATMENT MODEL



NORMAL PERSONALITY



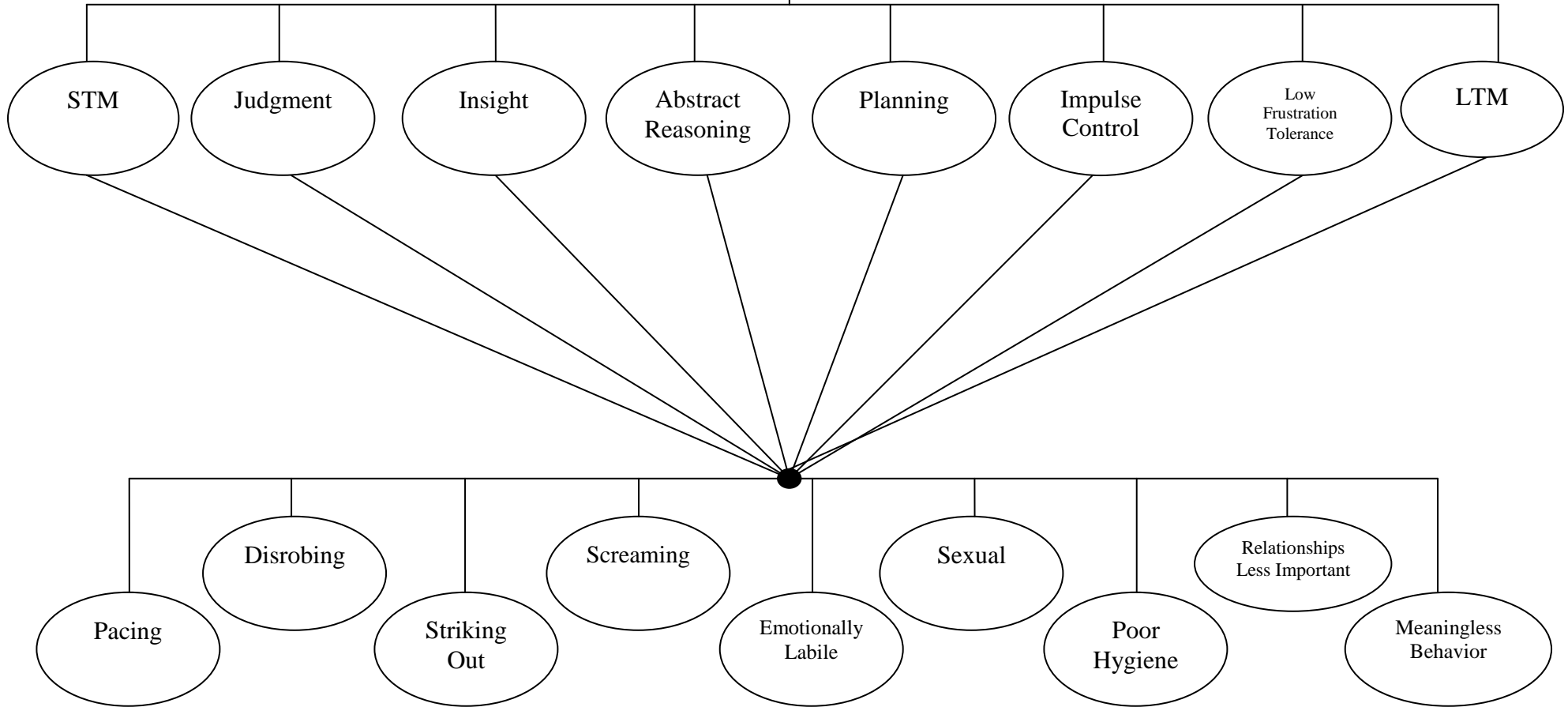
PERSONALITY DISORDER



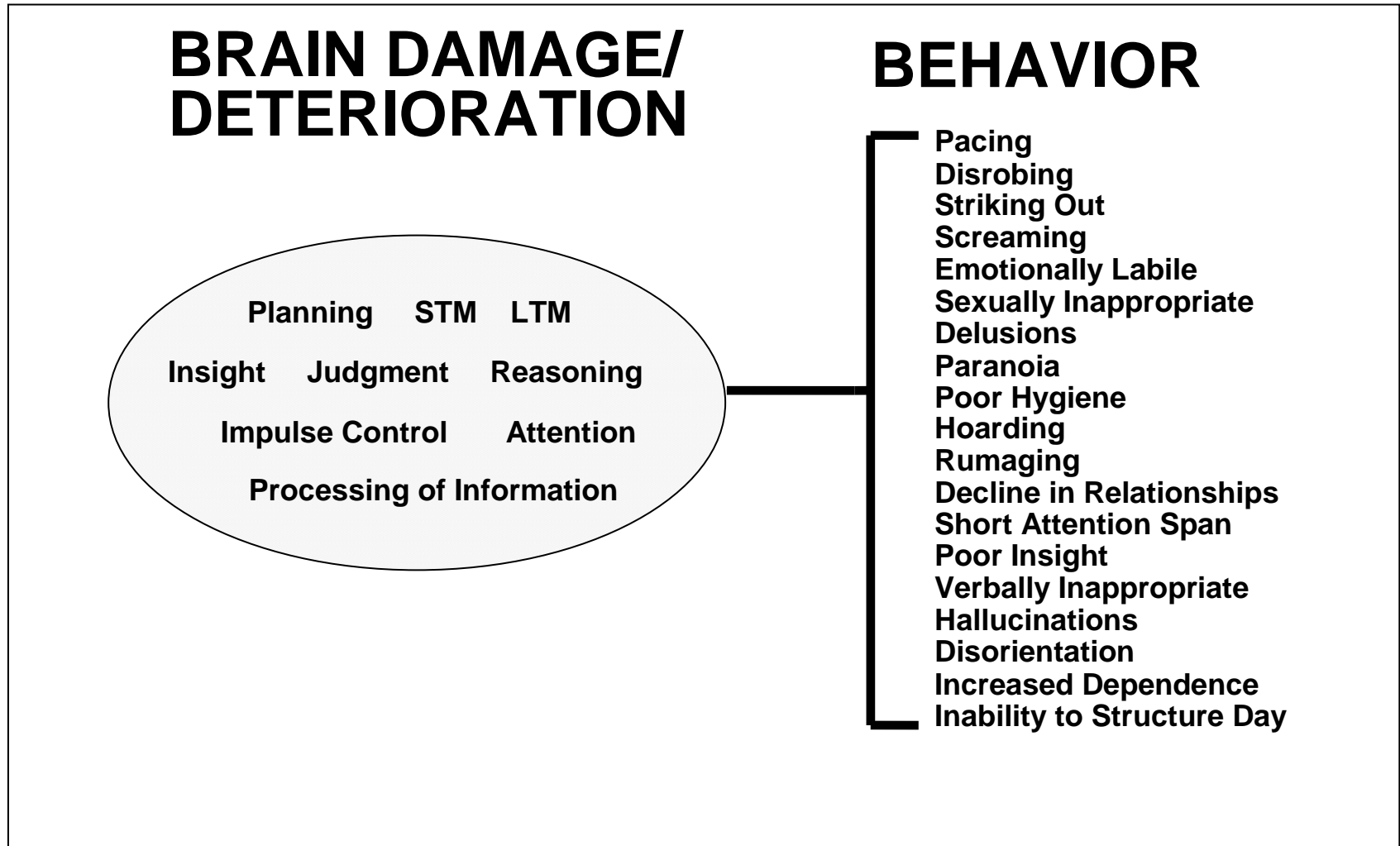


— Physical Functions
— Mental Functions

DEMENTIA



DEMENTIA



Things to Remember:

- We can lead a horse to water but cannot make the horse drink.
- Most Americans do not follow Doctor's orders.
- 76% of Americans do not take antibiotics as prescribed by their doctor.
- We need to accept our powerlessness and the need to control others.
- People can resist as a way to establish a boundary.
- Explore if resistance is related to fear, denial, cost, dysfunction, power struggle, lack of knowledge/information, different value system, ageism, not time to digest to reality of the current situation.
- People tend to overestimate their capabilities.
- Dependency and cod liver oil are highly correlated. Might be good for you but you do not like it.

Strategies

- If services are truly needed – adult protection may need to be contacted.
- Make request in a concerned and respectful manner.
- Give information – Educate.
- Use those with influence – pastor, family, friend, doctor, etc.
- Avoid those with influence.
- Document/document/document/document.
- Back off and try later.
- Be proactive regarding the expectations of your facility. Create a handout that outlines what the triggers may be that signal the need for extra services.
- Learn how to use the healthcare system – it is very complicated.

Energizers and Drainers

What Drains You (Work and Home)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

What Energizes You (Work and Home)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Resistences

List resistances that you use to keep yourself stuck:

Cognitive

1.

2.

3.

4.

5.

6.

7.

Behavioral

1.

2.

3.

4.

5.

6.

7.

Emotional

1.

2.

3.

4.

5.

6.

7.

Personal Stress Reduction Plan

1. Current work stressors

2. Internal strategies to reduce this stressor

3. External strategies to reduce this stressor

4. Consultant ideas

List Common Stories/Beliefs That You Tell Yourself That Create Barriers for Change

Stories/Beliefs

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

The Seven R's for Beating Stress and Burnout

Responsibility

- You are in control (know what you can and cannot control)
- Set priorities
- Say “no”
- Set limits

Reflection

- Know your stress buttons
- Be aware of stress and burnout symptoms
- Check you balance in life
- Where have I been and where am I going

Relaxation

- Do something good for yourself
- Schedule worry time and time to relax
- Separate work and personal life
- Schedule time out

Relationships

- Maintain supportive relationships
- Manage your relationships
- Improve your relationship with yourself
- Seek contact with others

Refueling

- Eat a balanced diet with high fiber, low salt, and low cholesterol
- Be aware of “poisons:” caffeine, fats, nicotine, processed foods
- Drink water

Recreation

- Laugh
- Have fun
- Enjoy life
- Schedule vacations

Restructuring

- Thoughts
- Feelings
- Behavior

Common “Medications” In Healthcare Facilities

TYPE	SIDE EFFECT PROFILE
CHEMICAL: <i>The type in med carts</i>	Positive/Neutral/Negative
ENVIRONMENTAL: <i>Building, Space, Noise</i>	Positive/Neutral/Negative
INTERACTIONAL: <i>People to people</i>	Positive/Neutral/Negative

Dr. John E. Brose, Ph.D.

Licensed Psychologist

- Dr. Brose is a Clinical Psychologist and the owner and director of Associated Clinic of Psychology. He is considered a leading national authority on aging and behavioral-health issues.
- Dr. Brose has been involved with the Huntington's Program here in Minnesota since its inception in the 1980's.
- Associated Clinic of Psychology has been offering behavioral healthcare services to older adults, families, hospitals and long term care facility staff since 1980. They presently offer services to 170 long term care facilities.
- In 1996, and again in 2002, Dr. Brose was nominated as "Outstanding Contributor of Geriatric Clinical Services" by the Minnesota Gerontological Society.
- In 1991, Dr. Brose was awarded the "Outstanding Contributor to Healthcare Award" by the American College of Healthcare Administrators.
- He lectures nationally on issues related to Healthcare, Alzheimer's and the mental health issues of the older adult.
- In 2000, Dr. Brose was awarded the "Excellence in Caregiving" Award by the Minnesota Alzheimer's Association.

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