

The Value of Care Planning For Seniors: Signs, Strategies, and the Significance Of Serving Seniors With ID/DD



QIDP Leadership Conference | Jan 2024

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What sort of relationship do you want with clients?

Deep down, what is important about your career?

What do you want to contribute to your company?





- Provide us with purpose and passion
- Guide and motivate us during tough cases
- Remind us that life is meaningful & rich

LET'S PICK OUR



LET'S PICK OUR



HANDOUT

A Quick Look at Your Values – page 1

Values are your heart's deepest desires for how you want to behave as a living being. Values are not about what you want to get or achieve, they are about how you want to live, how you act, and what you want to treat others, the world around you, and yourself.

There are literally hundreds of different values out there, but you'll find a list of the most important ones. Probably, you'll find some that are very important to you. Keep in mind that there are no "right values" or "wrong values" – a bit like our taste in pizzas. Some people prefer pineapple but I prefer mushrooms and so on. It doesn't mean that my taste is right and yours is wrong. It just means we have different tastes. And similarly, values are different. So pick a domain that is important to you, and read the list. Write a letter next to each value that is important. Q = Quite important, N = Not important. For the special case of values that are picked to work on, write a 1-5.

1. Persistence: to be open to accepting my own limitations
2. Adventure: to be adventurous, to actively seek, create, or experience novel or stimulating experiences
3. Control: to want to stand up for my rights and request what I want
4. Authenticity: to be genuine, genuine, real, to be true to myself
5. Beauty: to create, nurture or cultivate beauty in myself, others, the environment
6. Caring: to be caring towards myself, others, the environment etc
7. Challenge: to keep challenging myself to grow, learn, improve
8. Compassion: to act with kindness towards those who are suffering
9. Connection: to engage fully in whatever I am doing, and be fully present with others
10. Contribution: to contribute, help, assist, or make a positive difference to myself or others
11. Conformity: to be respectful and obedient of rules and obligations
12. Cooperation: to be cooperative and collaborative with others
13. Courage: to be courageous or brave, to persist in the face of fear, threat, or difficulty
14. Creativity: to be creative or innovative
15. Curiosity: to be curious, open-minded and interested, to explore and discover
16. Encouragement: to encourage and reward behaviour that I value in myself or others
17. Equality: to treat others as equal to myself, and vice-versa
18. Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling
19. Fairness: to be fair to myself or others
20. Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing
21. Flexibility: to adjust and adapt readily to changing circumstances
22. Freedom: to live freely, to choose how I live and behave, or help others do likewise
23. Friendliness: to be friendly, compassionate, or agreeable towards others
24. Forgiveness: to be forgiving towards myself or others
25. Fun: to be fun-loving, to seek, create, and engage in fun-filled activities
26. Generosity: to be generous, sharing and giving, to myself or others
27. Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life
28. Honesty: to be honest, truthful, and sincere with myself and others
29. Humour: to see and appreciate the humorous side of life
30. Humility: to be humble or modest, to let my achievements speak for themselves

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A Quick Look at Your Values – page 2

31. Industrious: to be industrious, hard-working, dedicated
32. Independence: to be self-sufficient and choose my own way of doing things
33. Integrity: to open up, reveal, and be myself -- emotionally or physically -- in my close and personal relationships
34. Justice: to uphold justice and fairness
35. Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others
36. Loving: to act lovingly or affectionately towards myself or others
37. Open-mindedness: to be conscious of, open to, and curious about my here-and-now experience
38. Order: to be orderly and organized
39. Open-mindedness: to think things through, see things from other's points of view, and weigh evidence fairly
40. Persistence: to want calmly for what I want
41. Persistence: to continue resolutely, despite problems or difficulties
42. Pleasure: to create and give pleasure to myself or others
43. Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing
44. Reciprocity: to build relationships in which there is a fair balance of giving and taking
45. Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard
46. Responsibility: to be responsible and accountable for my actions
47. Romance: to be romantic; to display and express love or strong affection
48. Safety: to secure, protect, or ensure safety of myself or others
49. Self-awareness: to be aware of my own thoughts, feelings and actions
50. Self-care: to look after my health and wellbeing, and get my needs met
51. Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience
52. Self-control: to act in accordance with my own ideals
53. Sensuality: to create, explore and enjoy experiences that stimulate the five senses
54. Sexuality: to explore or express my sexuality
55. Spirituality: to connect with things bigger than myself
56. Skillfulness: to continually practice and improve my skills, and apply myself fully when using them
57. Supportiveness: to be supportive, helpful, and encouraging to myself or others
58. Trust: to be trustworthy; to be loyal, faithful, honest, and reliable
59. Assert your own unaltered value here.
60. Insert your own unaltered value here.

Once you've marked each value as V, Q, N (Very, Quite, Not), go through all the Vs, and select out the top three that are most important to you. The next step is to start looking at these values, in this way, things you can say and do, guided by these values.

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Pick 4

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LET'S PICK OUR



There are NO WRONG ANSWERS.
We can all value different things.

AMANDA & MARANDA



- Commitment
- Empathy
- Health
- Comfort

COMMITMENT

VALUES

working with seniors



Children

Skill Acquisition

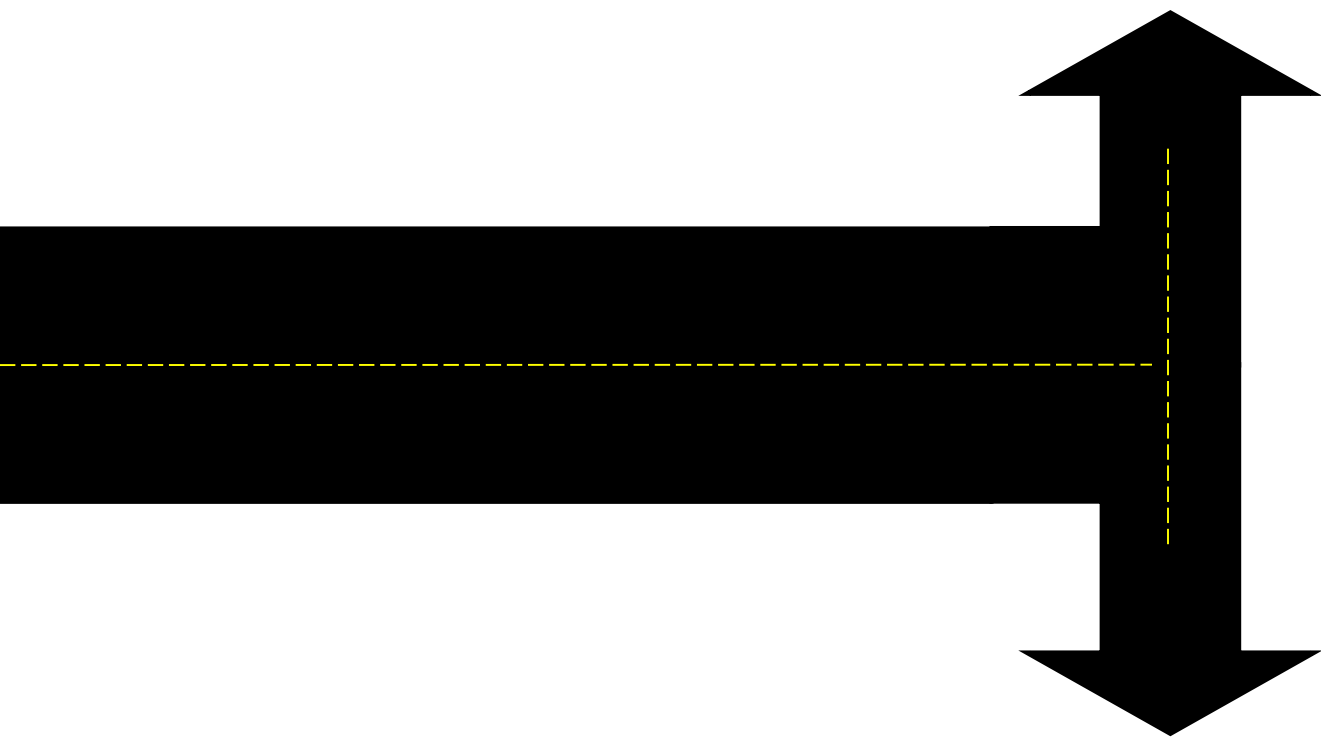
Adult

QoL, Decline

Aging

Will always need a caregiver

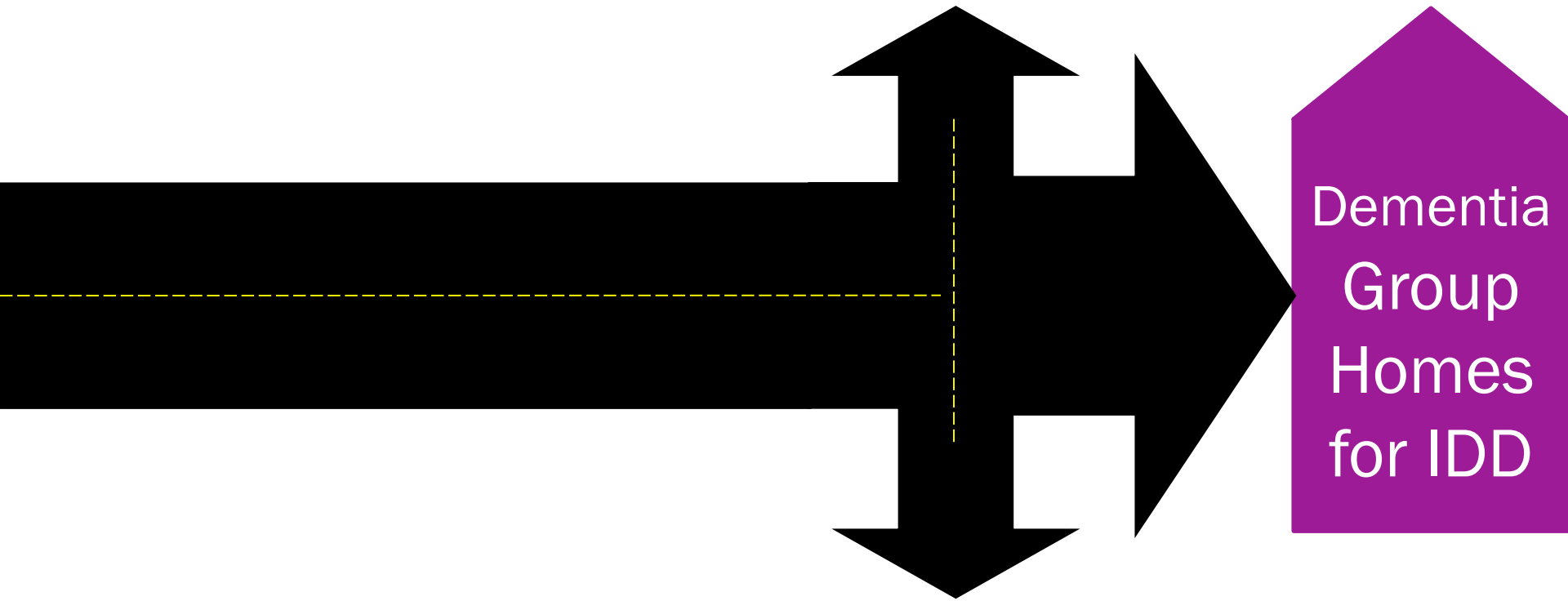
Nursing Homes



Interventions:
Education, Training,
Modifications



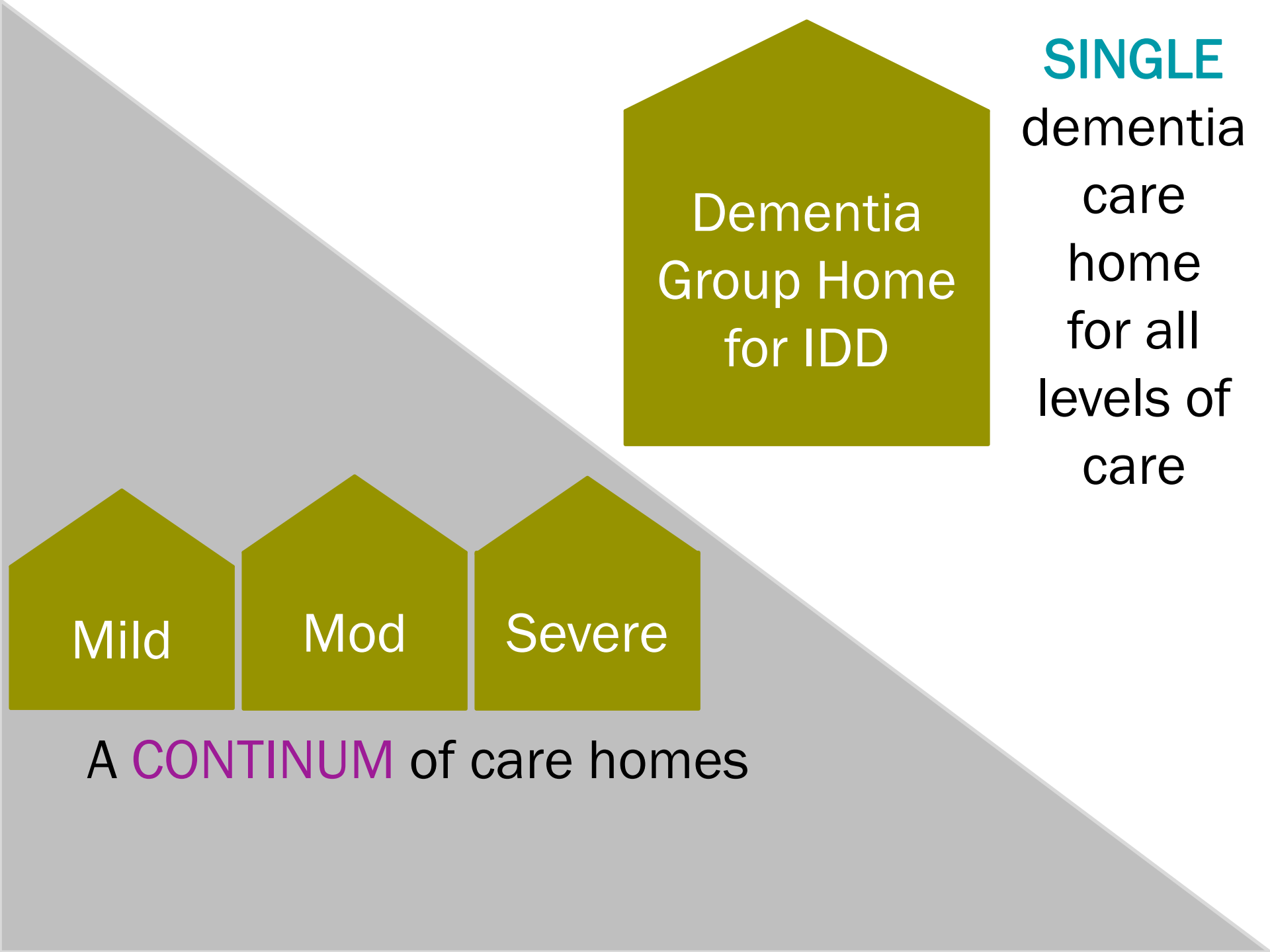
Nursing Homes



Dementia
Group
Homes
for IDD



Interventions:
Education, Training,
Modifications



Dementia
Group Home
for IDD

SINGLE
dementia
care
home
for all
levels of
care

Mild

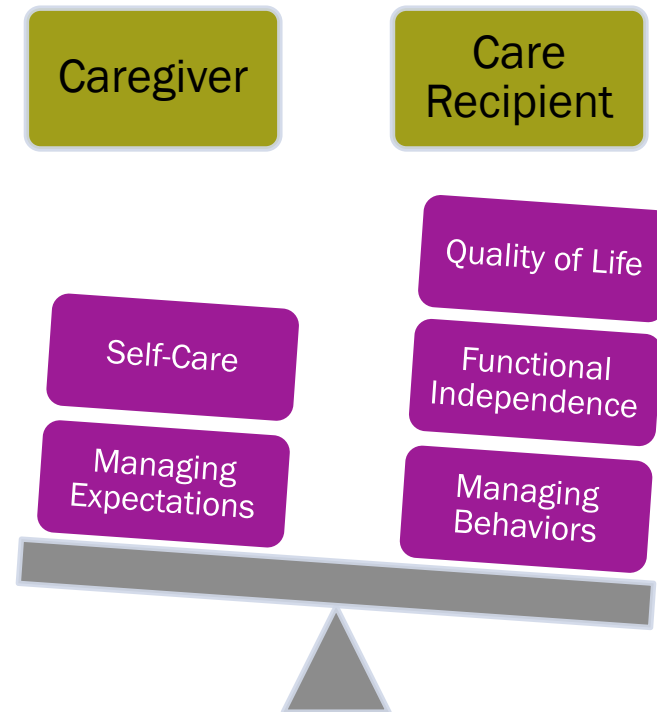
Mod

Severe

A **CONTINUM** of care homes

EMPATHY

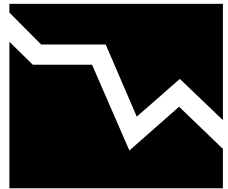
End of Life Issues and Senior Care: It is a **BALANCE**



CHANGES IN

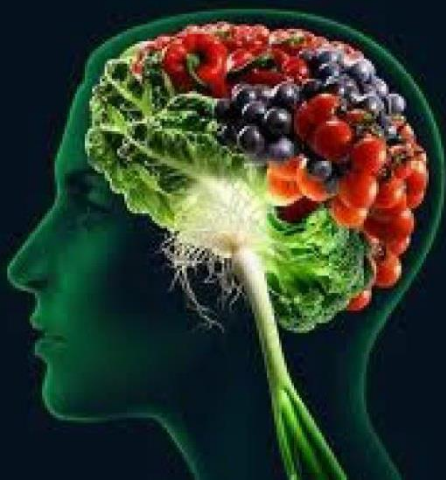
- Goals
- Medical Decisions
- Family / Staff / Home Dynamics
- Relationships

Plan for Decline



HEALTH





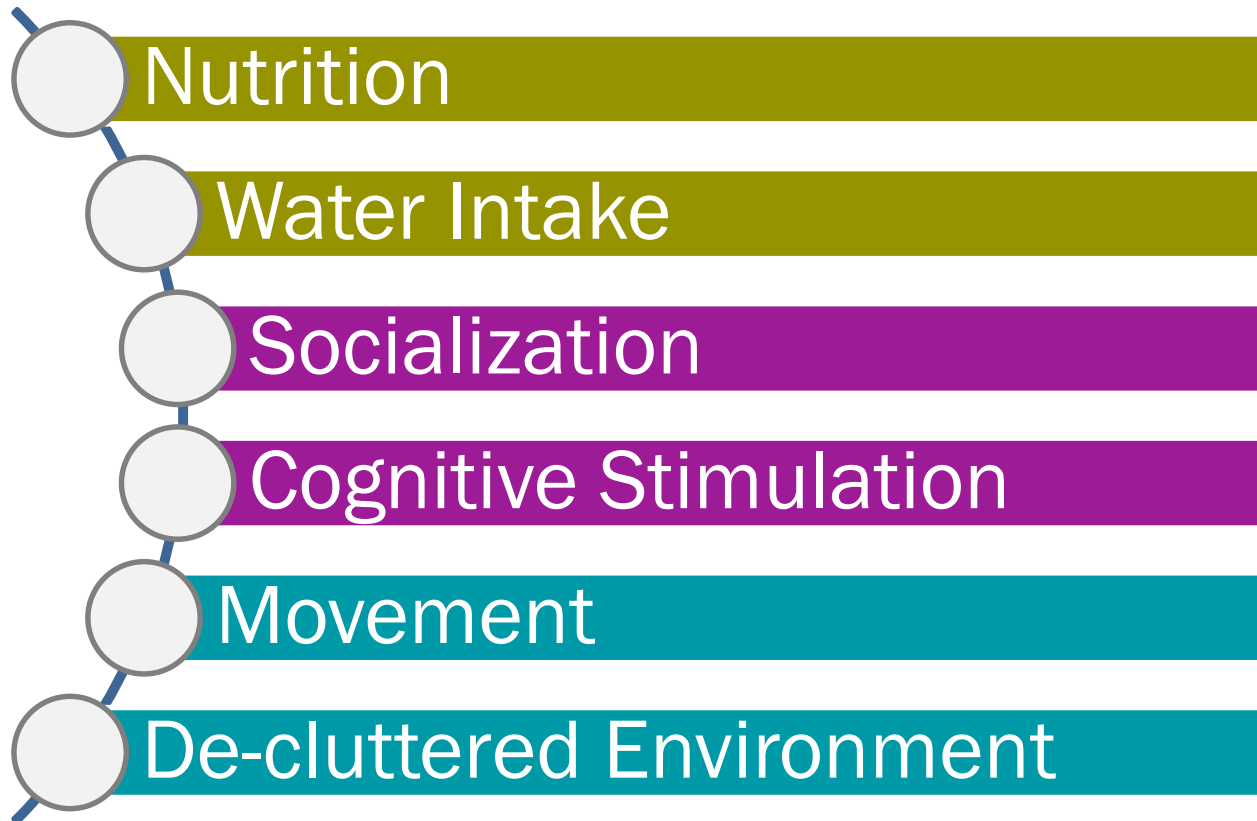
Common Co-Morbidities With Dementia

- Hypertension
- Congestive Heart Failure
- Diabetes
- Thyroid Disease
- Skin Diseases
- Osteoporosis

Oldest
and
Frailest
Seniors

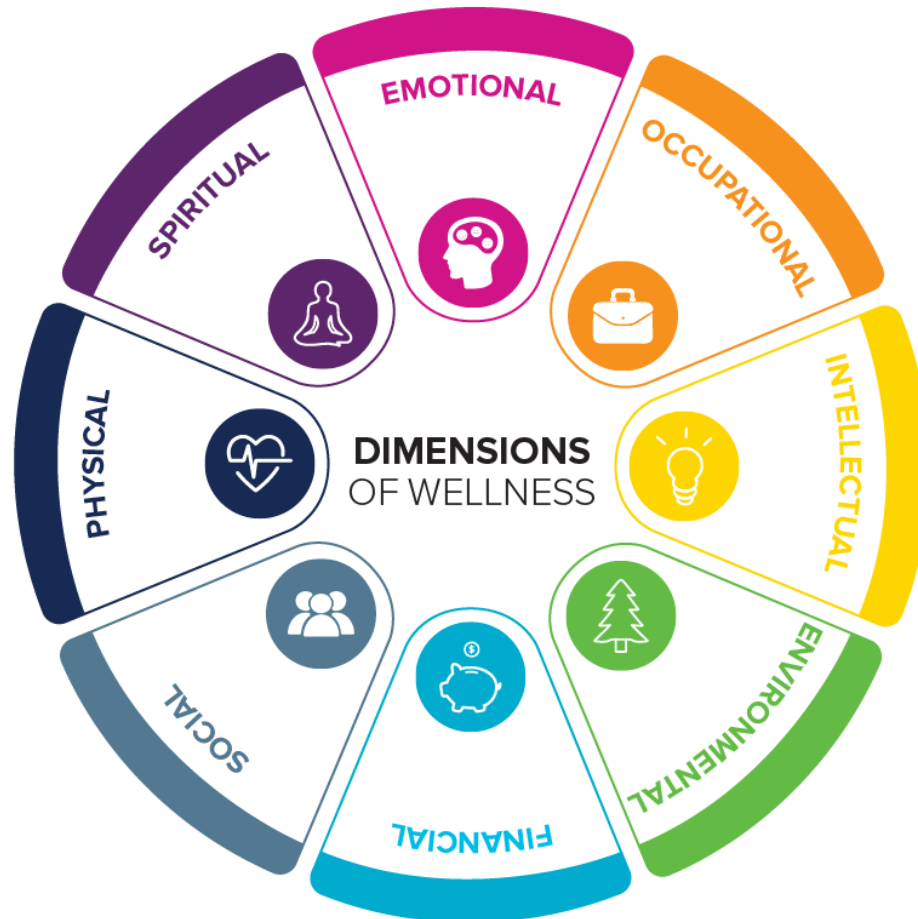


Health and Wellbeing Target Behaviors To Increase





Health and Wellbeing Target Behaviors To Increase



COMFORT

VALUES

working with seniors



Children

Skill Acquisition

Adult

QoL, Decline

Aging

Will always need a caregiver

End of Life Issues

Hospice

CALL FOR A CONSULT IF:

- Client, caregiver does not want to go back to the hospital
- Client, caregiver “does not want to live like this”
- Terminal illness



Source: VITAS

End of Life Issues

Hospice



Interdisciplinary
Team of Hospice
Professionals



Home Medical
Equipment



Medication



Respite Care



Continuous Care



Inpatient Care



Routine
Home Care



Bereavement
Support

Lets Share

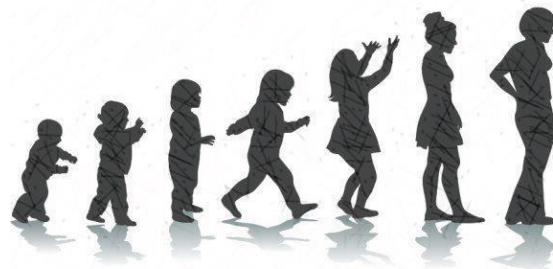
V
A
L
U
E
S



When we think, “It is too hard,”
That’s when we complete
our values work.

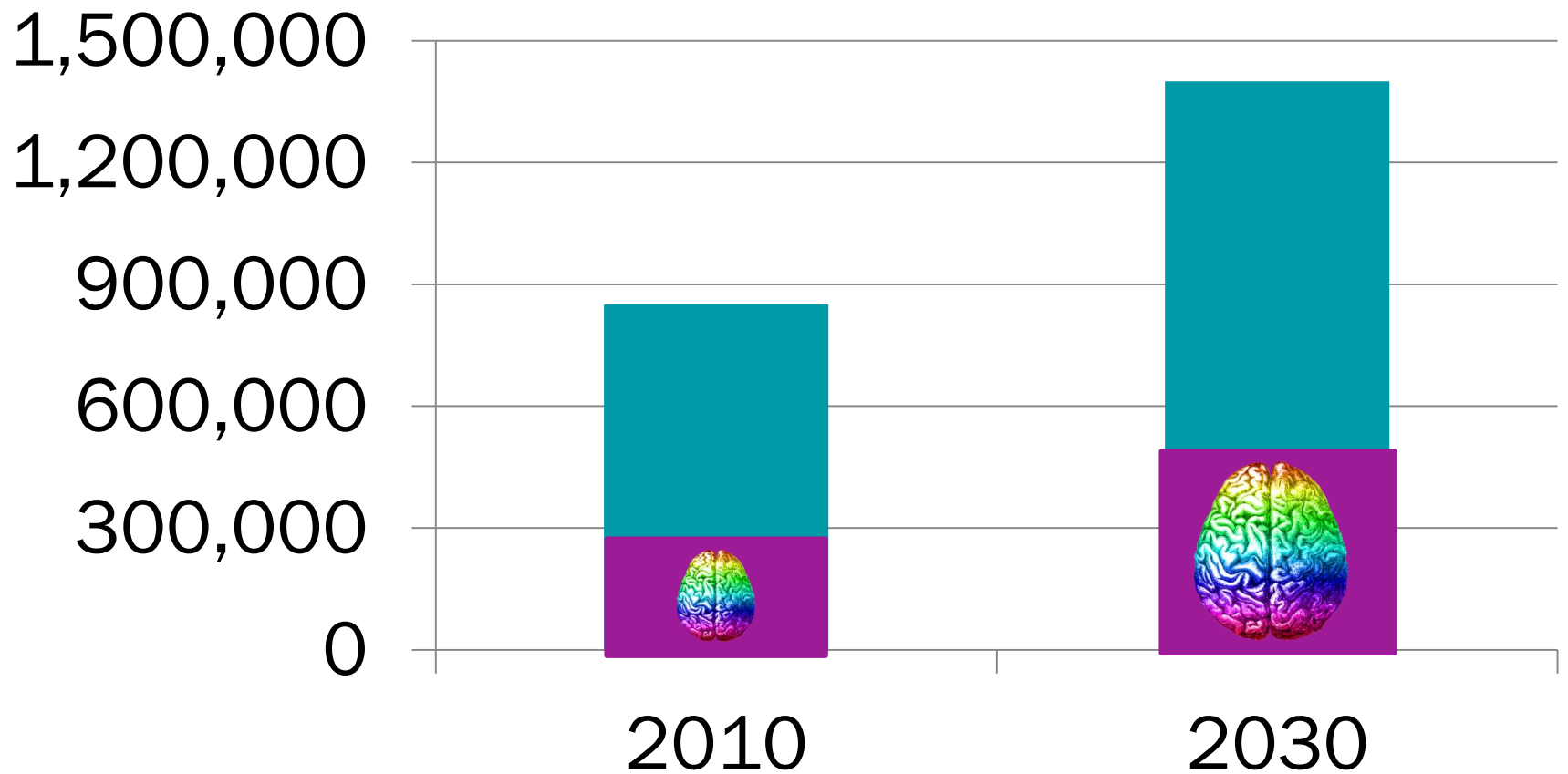


SENIORS

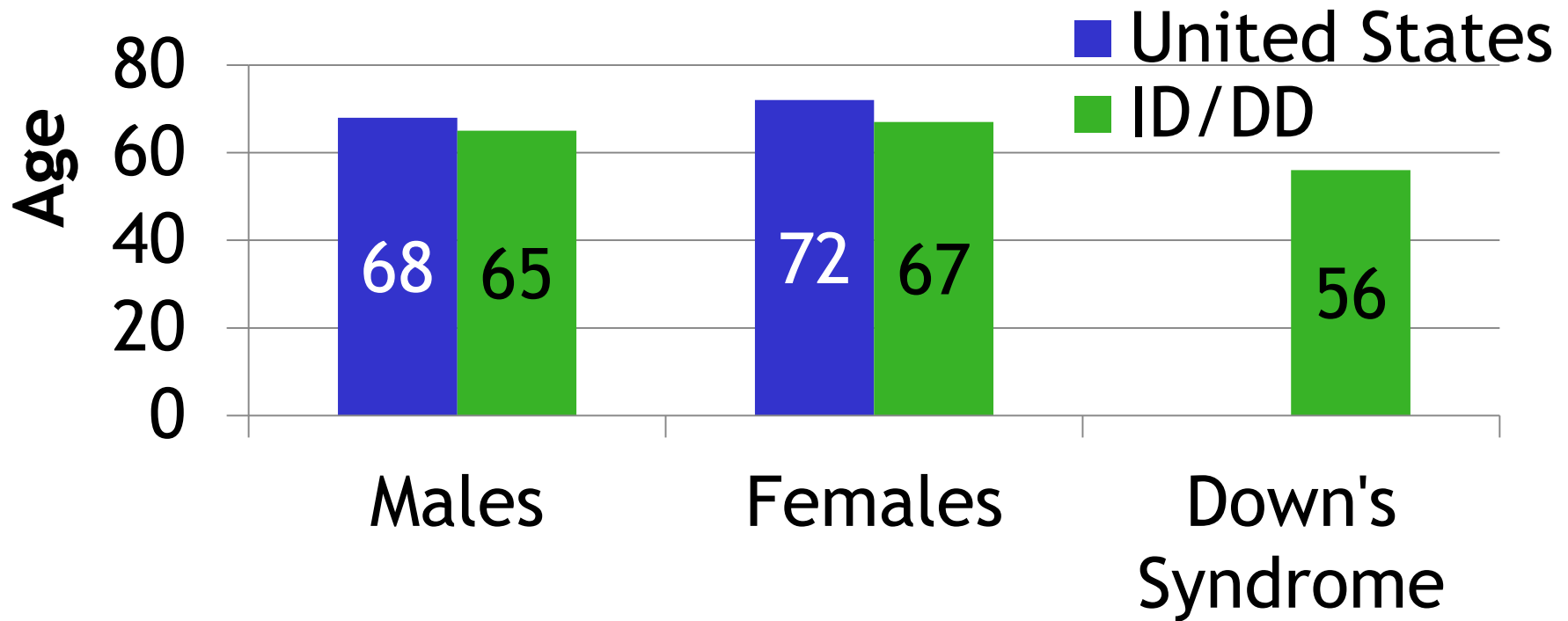


With ID/DD and Dementia

SENIORS w/ DD 60+



SENIORS Mortality Rate



Factors That Affect Life Span: SES, Smoking, Obesity, Alcohol and Substance Abuse, Fitness, Diet, Family History, and Co-Morbidities

**DSM-5
CRITERIA**

~~Dementia~~

NeuroCognitive Disorders



NCD

Dementia



Dementia

Other medical conditions

Substance, medication use

Frontotemporal lobar degeneration

Huntington's disease

Traumatic Brain Injury

Unspecified

Parkinson's disease

Vascular Disease

Alzheimer's Disease

Lewy Body Disease

HIV Infection

Multiple etiologies

Prion disease

**TAKE
AWAY**

Think **LESS** about the **TYPES**,
MORE about the **SYMPTOMS**



Dementia is a **SYNDROME** –
collection of signs and symptoms

- **Memory** loss
- Impaired **judgment**; abstract thinking
- Loss of **communication and language** skills
- Disorientation to **time and place**
- **Gait**, motor, balance problems
- Inappropriate/**challenging behavior**
- Neglect of **personal care and safety**

Dementia & ID/DD

No difference in
diagnosis or symptomology
between the general and ID/DD
populations.

**The differences are the screening
tools and clinical examples.**

Brief Cognitive Screenings ID/DD

THE ADAPTIVE BEHAVIOUR DEMENTIA QUESTIONNAIRE (ABDQ)

Name: _____ Date of Birth: _____

Carer interviewed: _____

Completed by: _____ Date completed: _____

Please answer ALL questions by simply underlining the answer which you think most closely applies to the question. Please read instructions on how to complete ABDQ before filling in questionnaire

	Question	Answer			
1.	Are they able to dress themselves?	Better than normal	Same as normal	Worse than normal	Much worse than normal
2.	Can they use their hands to do things?	Better than normal	Same as normal	Worse than normal	Much worse than normal
3.	Is their ability to buy things?	Better than normal	Same as normal	Worse than normal	Much worse than normal
4.	Are they able to have a conversation?	Better than normal	Same as normal	Worse than normal	Much worse than normal
5.	Is their awareness of time?	Better than normal	Same as normal	Worse than normal	Much worse than normal

Brief Cognitive Screenings ID/DD

ABDQ

TOTAL SCORE

(TOTAL SCORE= A+B+C+D+E)

DEMENTIA IN ALZHEIMER'S DISEASE PRESENT YES NO
(yes if Total Score is 78 or more)

SEVERITY OF DEMENTIA MILD MODERATE SEVERE
(Total Score is 78-89 = mild; 90-99 = moderate; 100 or more=severe)

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Brief Cognitive Screenings ID/DD

NTG-EDSD

	Always been the case	Always but worse	New symptom in past year	Does not apply
⁽¹⁹⁾ Activities of Daily Living				
Needs help with washing and/or bathing				
Needs help with dressing				
Dresses inappropriately (e.g., back to front, incomplete, inadequately for weather)				
Undresses inappropriately (e.g., in public)				

	Always been the case	Always but worse	New symptom in past year	Does not apply
⁽²³⁾ Memory				
Does not recognize familiar persons (staff/relatives/friends)				
Does not remember names of familiar people				
Does not remember recent events (in past week or less)				
Does not find way in familiar surroundings				
Loses track of time (time of day, day of the week, seasons)				

Symptomology

Mild NCD	Major NCD	Mild ID/DD	Severe ID/DD
Example	Example	Example	Example

In HANDOUT:

Symptom	Mild NCD	Major NCD	Mild ID/DD	Severe ID/DD
Decreased, poor judgment	Give \$ to tele-marketer	Urinate into plant in common area	Give \$ to peers at day program	Run into parking lot
Challenges in planning & problem solving	Getting lost while driving home	Puts on dirty clothes from hamper	Gets lost walking home from nearby gas station	Cannot sign "food"
Changes in mood & personality	Less social, shorter temper	Aggressive during ADLs	More angry than typical (not using coping skills)	Does not want to go on outings
Withdraw from work, social programs	Does not want to attend large family gatherings	Spends most time at home, alone	Quits church group	Refusals to go to work, no parties
Memory loss that disrupts daily life	Forgets steps to childhood recipe	Gets lost in own home	Forgets where things are kept	Does not remember close friend
New problems with words, speaking	Losing train of thought or a specific word	Speaking less, answering only yes/no	Inserting the wrong word for another word	More difficult to understand
Difficult completing familiar tasks	Forgetting appointments	Forget how to use phone	Melting something in microwave	More extreme refusals in shower
Confusion with time or place	Losing track of where s/he/they are in familiar place	Not sleeping at night	Losing track of where s/he/they are in familiar place	Not sleeping at night
Trouble with visual or spatial	Missing steps on home stairs	Falls	Difficulty completing piece-work	Bumping into doors

Symptomology: Decreased, poor judgment

Mild NCD	Major NCD	Mild ID/DD	Severe ID/DD
Give \$\$ to tele-marketer	Urinate in a plant	Gives \$\$ to day program peers	Runs into parking lot

DOCUMENTATION

- Changes in routines
- Changes in behavior
- Challenging behaviors
- What interventions worked, which did not



Medical Rule Outs

- Depression
- UTI
- Hearing loss
- Poly-pharmacy
- Other medical issues



Keep regular doctor's appointments.
Coordinate care among all physicians.

ALWAYS, Always, always

RULE OUT DELIRIUM

Sudden onset (hours, days)

Severe confusion

Dramatic changes in behavior

Temporary and reversible
when treated



Determining Dementia

- General Steps:
 - Medical Rule Outs
 - Data Collection
 - Depression Screening Tools
 - Dementia ID/DD Screening Tools
 - First Line Intervention Training

Interventions & Strategies

- Basic Assumption 1: Antecedents occur before a behavior; Consequences occur after a behavior. By modifying these events, we can change behaviors.
- Basic Assumption 2: People do things to either get something or to get out of something.

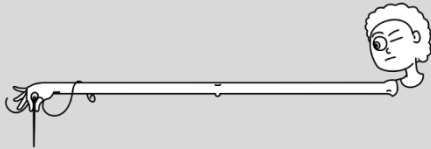
Behaviors for Attention

Lack of Engagement



Behaviors for Escape

Overstimulation



Other Common Problems

Toileting Incontinence

- RULE OUT MEDICAL
- Timed toileting

Wander Elopement

- Wandering is not the problem
- MUST figure out the function

Values Guide Us In Practice



Commitment
Making a Difference



Empathy



Health



Comfort

Which value am I actively living by right now?

Which of them am I most neglecting?

Which will I start working on right away?





Abilities

Behavior support across the lifespan

www.abilities.today