

Mental Health and Well-being in Aging

What you can do to help

Developed by: Tyler Corson, PhD

Gerontologist

Updated by Toy E. Newcomb, LPC, CCTP



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Mental Health and Well-being in Aging

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Part 1:
Understand that good mental health is a critical component of older adults' overall well-being.

2

Part 2:
Be familiar with mental illnesses that may occur in elderhood and have tips for investigating an individual's mental wellness.

3

Part 3:
Have a toolkit for promoting good mental health for older adults in care communities.

4

Part 4:
Be able to link individuals and families to necessary and appropriate community mental health resources.

SERIES OBJECTIVES

Part 1 – Objectives

Define	health
Gain	basic knowledge of mental illness
Realize	the prevalence of mental health and what that means for your community
Learn	the impact of mental health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

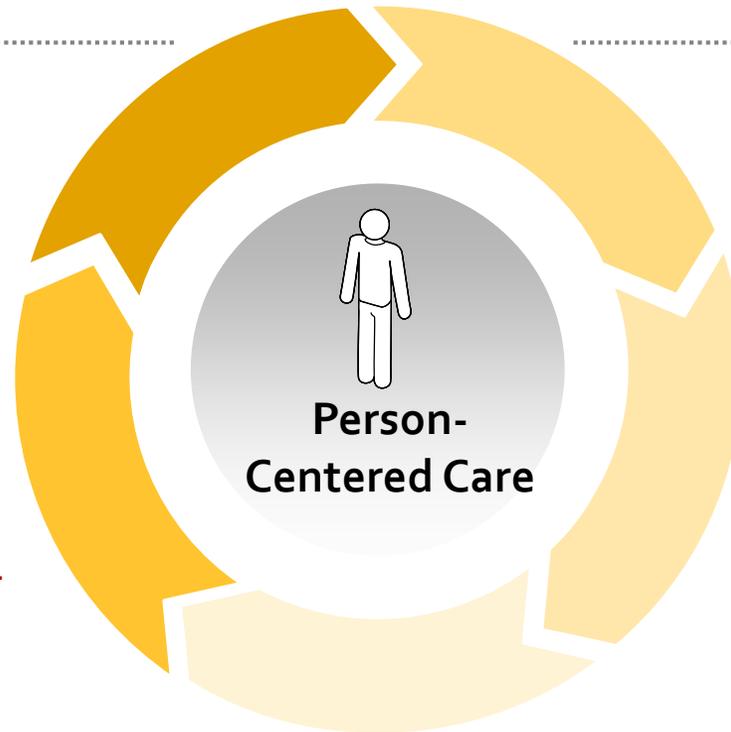
~Preamble to the World Health Organization Constitution, 1946

Keep Person-Centered Care on YOUR mind when caring for THEIR mind!

What is Person-Centered Care?

Core Values of
Choice,
Dignity,
Respect,
Self-Determination and
Purposeful Living

Rooted in the work of Tom
Kitwood*, a British gerontologist.



Fosters optimal aging
and living for the individual

Empowering

Care is driven by the individual

Tom Kitwood (1937-1998) was a British social psychologist and psychogerontologist, author of the theory of person-centered care approach; together with Kathleen Bredin, he developed the method of Dementia Care Mapping.

<https://www.slideshare.net/wef/person-centered-careweb>



Your mind & body
are interconnected

- Worry
- lack of sleep
- irritable
- poor focus
- negative thoughts
- depression
- chronic disease
- PTSD
- digestive issues
- lack of exercise overeating
- social withdrawal
- loss of sense of purpose
- unhealthy coping
- suicidal thoughts
- poor self-care
- lower immune system
- stress
- headaches
- poor diet
- high blood pressure
- social isolation

What is mental illness?

The DSM-5 defines mental disorder as

“a syndrome characterized by clinically significant disturbance in an individual’s cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress or disability in social, occupational, or other important activities.”

Mental Illness as two broad categories as defined by The National Institute of Mental Health

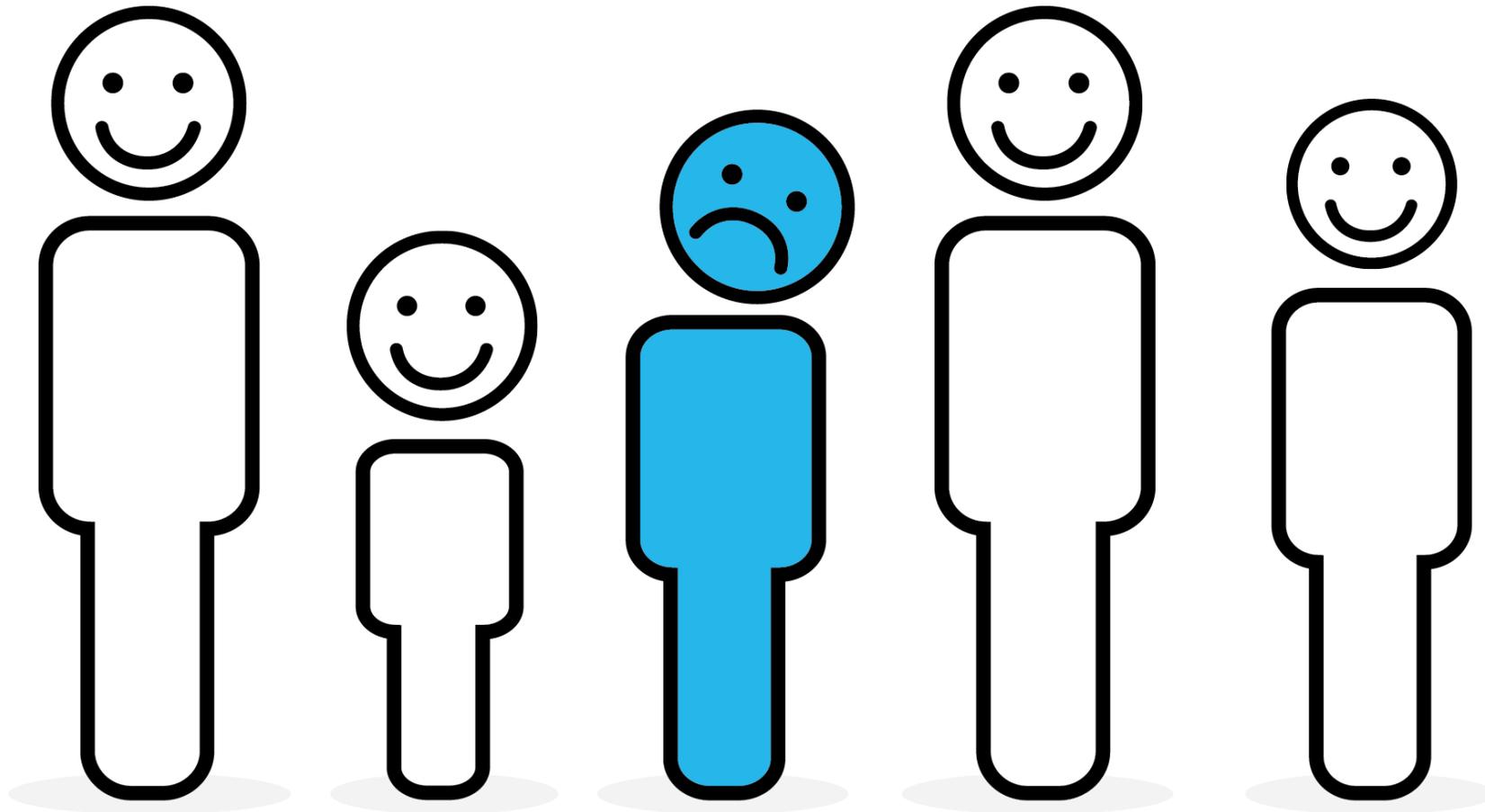
Any mental illness (AMI)

- a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment (e.g., individuals with serious mental illness).

Serious mental illness (SMI)

- a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.

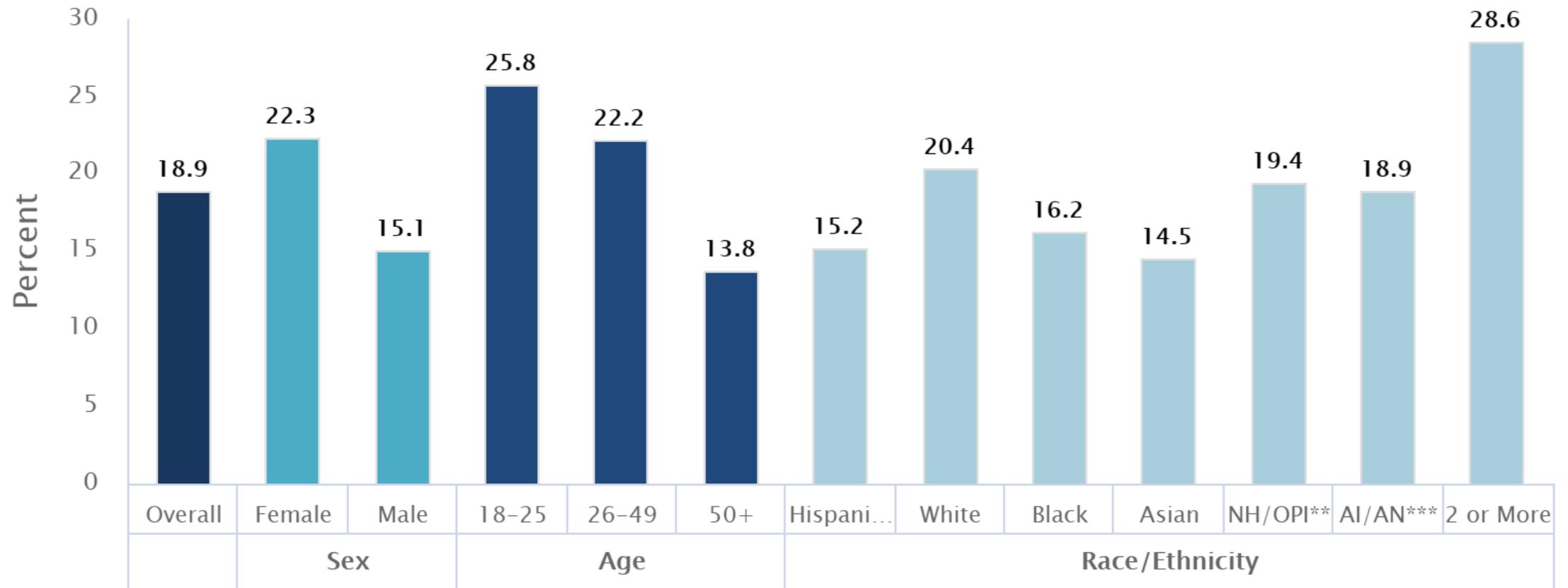
Some people living in your community have poor mental health.



A closer look at the prevalence of AMI in the U.S.

Past Year Prevalence of Any Mental Illness Among U.S. Adults (2017)

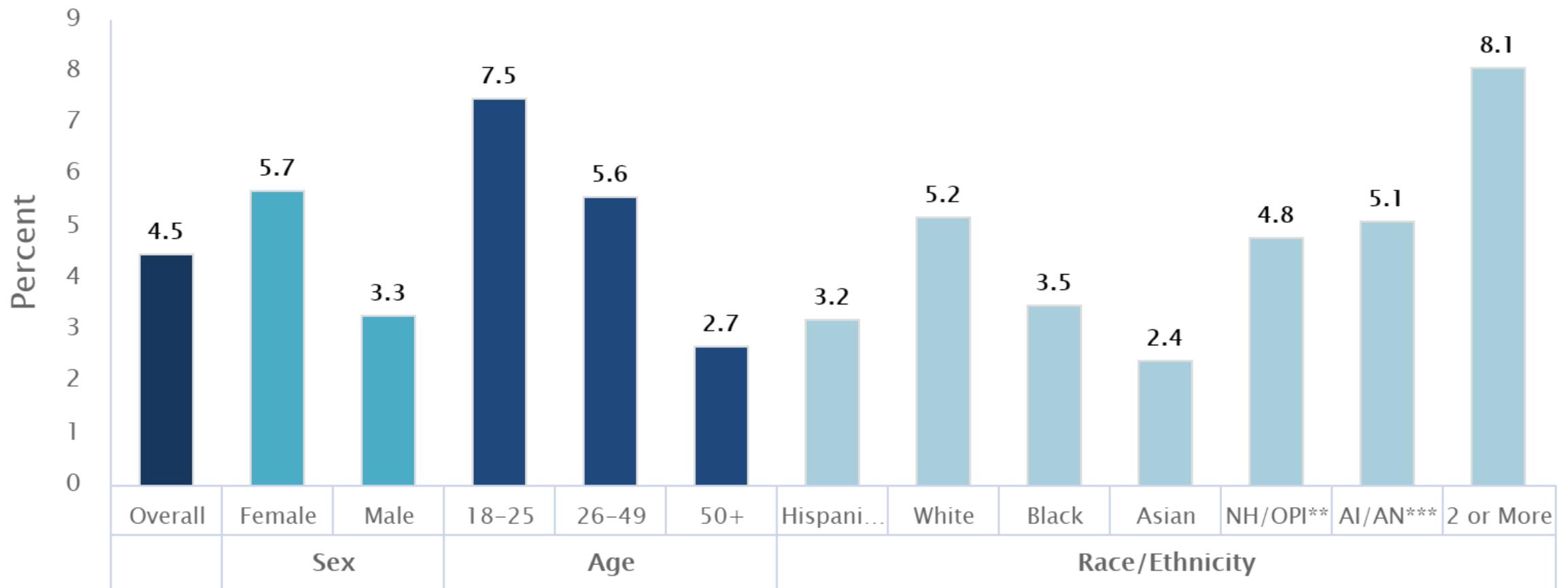
Data Courtesy of SAMHSA



A closer look at the prevalence of SMI in the U.S.

Past Year Prevalence of Serious Mental Illness Among U.S. Adults (2017)

Data Courtesy of SAMHSA



Let's get local.

Based on national prevalence rates, about 298,000 adult Virginians have a **serious mental illness** at any time during a given year.



In 2017, the number of individuals who received services from The Community Services Boards across Virginia was **331,705**.

Why are prevalence and trends important ?

People with mental illness live in your community and more are on the way!

Awareness of unique needs helps provide the best person-centered care.

Pro-active approach is cost effective (savings can be passed down staff salaries, resources and tools for care providers).



Mental health has serious impacts on:

...how people think.

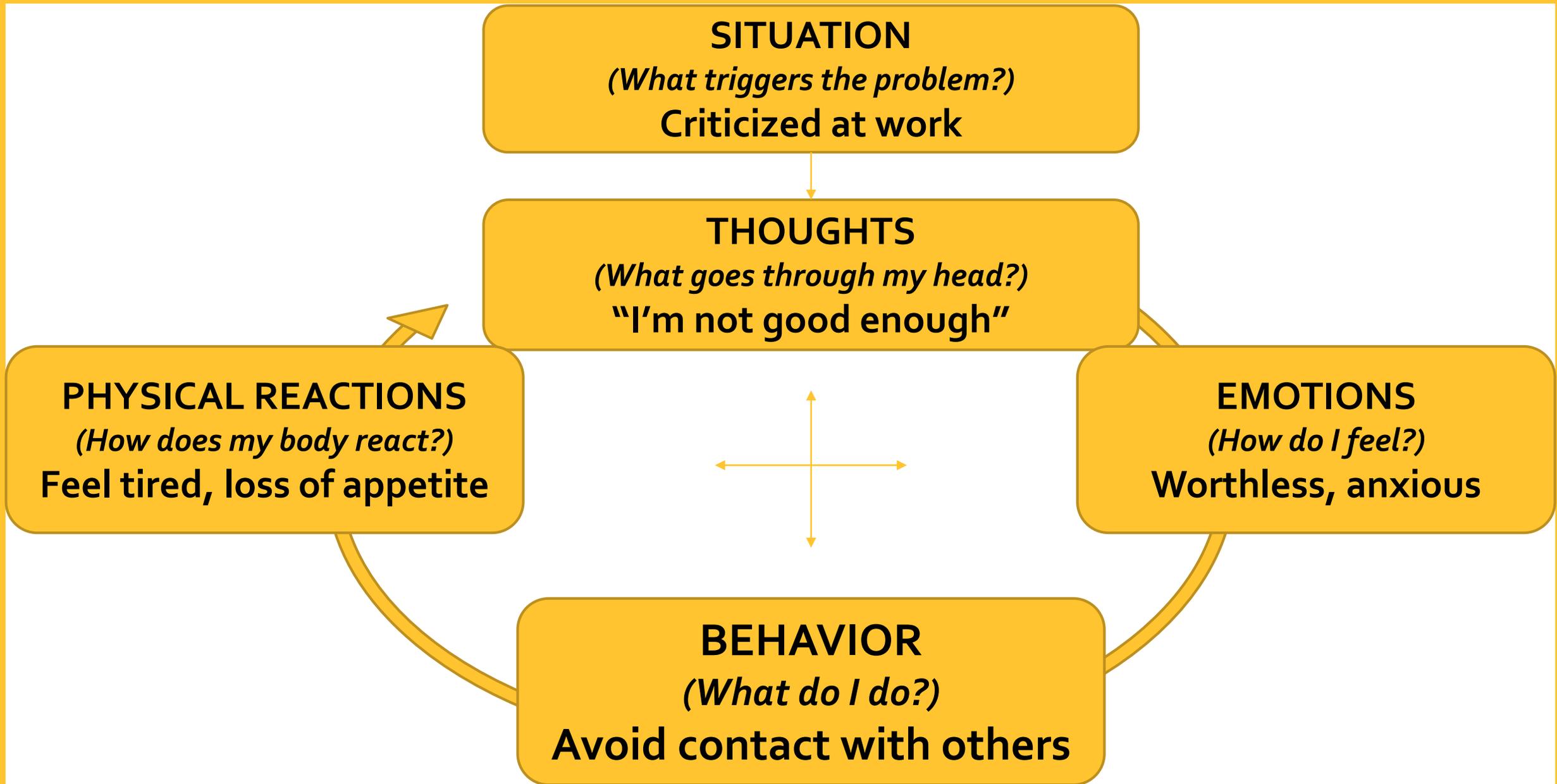


...how people feel.



...how people behave.





Repercussions of poor mental health:

Impacts on Residents and Staff

Many factors impact mental health and wellbeing in aging.



A person's life pathways



Family history, genes, body/brain chemistry

Jane Doe

Jane is an 82 yr old widow who was admitted to assisted living 4 years ago. She has a history of anxiety and depression. She has vascular dementia and aphasia. Just prior to moving, she was a very active volunteer with the local SPCA. Two years ago she was transferred to the dementia care center as she began to exhibit exit seeking behavior, increased confusion and irritability. For the past several months, she has displayed aggressive behaviors towards staff during bathing, toileting and dressing. She has also been talking about people whose names are unfamiliar to the staff. Physical issues, poor staff approach and environmental causes have been ruled out. A family meeting was conducted and the family reported that the names of the people are people that were in Ms. Doe's life from age 10 to age 13 years. They also reported that during those years, she was sexually abused. Although the staff knew Ms. Doe's deceased husband was physically abusive to her during their marriage, they were not informed of the childhood abuse until now (despite thorough information gathering upon admission).

The mind and body are interconnected!

Mental disorders can impact thoughts, emotions and behaviors.

Severity and progression can be different among the same diagnoses.

Mental illness has a high rate of occurrence in adults and this means....

People you care for may have poor mental health.

Life experiences and/or genetics are factors that contribute to mental well being.

YOU CAN MAKE A CHANGE USING PERSON CENTERED CARE!

Key Take-Aways

We hope this information will give you additional motivation to work toward supporting and improving good mental health within your care communities.

THANK YOU FOR ALL THAT YOU DO!

Questions/Comments/Concerns?

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