Behavioral Health and Resiliency in Late Life

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Resiliency

* “The process of effectively negotiating, adapting to, or managing significant sources of stress or trauma. **Assets and resources within the individual, their life and environment** facilitate this capacity for adaptation and “bouncing back” in the face of adversity. Across the life course, the experience of resilience will vary.”

* -Windle (2011)
Older Adults and Resiliency: What do you think?
Or?
What do we know about older adults?
Population 65+ by Age: 1900-2050

Source: U.S. Bureau of the Census
Older adults are less likely

* ... to have a history of drug use (25.8% vs. 50+%)
* ... to have heavy alcohol use (2.2% vs. 6-10.8%)
* ... to have suicidal thoughts (1.6% vs. 3.9%)
* ... to have a mental illness (13% vs. 15.7%)

* Center for Behavioral Health Statistics and Quality (2015)
However...

* ~25% of older adults have some type of mental health problem
  * Center for Behavioral Health Statistics and Quality (2015)

* Older adults have a higher suicide risk
  * Older white males (85+) 4x the national average
    * CDC 2008
<table>
<thead>
<tr>
<th>Behavioral Health Problems in Later Life</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinically Significant Depression</td>
<td>15 - 31%</td>
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<tr>
<td>Clinically Significant Anxiety</td>
<td>14 - 27%</td>
</tr>
<tr>
<td>Prescribed Psychoactive Medication</td>
<td>25%</td>
</tr>
<tr>
<td>At Risk for Problem Drinking</td>
<td>16%</td>
</tr>
<tr>
<td>Combined Alcohol and Medication Misuse</td>
<td>19%</td>
</tr>
<tr>
<td>Post Traumatic Stress Disorder</td>
<td>15%</td>
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</tbody>
</table>

Substance Abuse and Mental Health Administration Issue Brief 2013
Resiliency and Older Adults
Protective factors for Resiliency

- “...the primary factor in resilience is having caring and supportive relationships within and outside the family.”
- Ability to make plans & execute them
- Positive self-image and self-confidence
- Communication skills
- Problem-solving ability
- Flexibility
- Able to tolerate strong feelings and manage impulses

* APA (2013)
How does aging affect those protective factors?
Common challenges faced by Older Adults

- Major events/losses
- History of abuse/trauma
- Conflict with friends and/or family
- Social isolation/lack of social supports
- Serious illness/chronic pain/chronic illness
- Reduced sense of purpose; loss of identity
- Fear of loss of independence
- Limited financial resources
- Loss of physical functioning (vision, hearing, mobility)
- History of behavioral health problems (or current)
- Use of psychoactive prescription medication(s)
Erik Erikson’s Stages of Psychosocial Development

- Trust vs. Mistrust
- Autonomy vs. Shame
- Initiative vs. Guilt
- Industry vs. Inferiority
- Identity vs. Role Confusion
- Intimacy vs. Isolation
- Generativity vs. Stagnation
- Ego Integrity vs. Despair

Late Adulthood
Middle Adulthood
Young Adulthood
Adolescence
Latency
Preschool
Toddler
Birth
Erik & Joan Erikson proposed a 9th stage, which includes an older adult revisiting previous stages.

Older adults often revisit the previous stages in the context of their new life situation. Consider:

* Autonomy in the face of physical or cognitive decline.
* Productivity after a person has retired.

* Perry et. al (2015)
## Erikson’s Psychosocial Stages Summary Chart

<table>
<thead>
<tr>
<th>Stage</th>
<th>Basic Conflict</th>
<th>Important Events</th>
<th>Key Questions to be answered</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infancy (0 to 18 months)</td>
<td>Trust vs. Mistrust</td>
<td>Feeding/Comfort</td>
<td>Is my world safe?</td>
<td>Children develop a sense of trust when caregivers provide reliability, care and affection. A lack of this will lead to mistrust.</td>
</tr>
<tr>
<td>Early Childhood (2 to 3)</td>
<td>Autonomy vs. Shame and Doubt</td>
<td>Toilet Training/Dressing</td>
<td>Can I do things by myself or need I always rely on others?</td>
<td>Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feeling of autonomy. Failure results in feelings of shame and doubt.</td>
</tr>
<tr>
<td>Preschool (3 to 5)</td>
<td>Initiative vs. Guilt</td>
<td>Exploration/Play</td>
<td>Am I good or bad?</td>
<td>Children need to begin asserting control and power over the environment. Success in this state leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.</td>
</tr>
<tr>
<td>School Age (6 to 11)</td>
<td>Industry vs. Inferiority</td>
<td>School/Activities</td>
<td>How can I be good?</td>
<td>Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feeling of inferiority.</td>
</tr>
<tr>
<td>Adolescence (12 to 18)</td>
<td>Identity vs. Role Confusion</td>
<td>Social Relationships/Identity</td>
<td>Who am I and where am I going?</td>
<td>Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.</td>
</tr>
<tr>
<td>Young Adult (19 to 40)</td>
<td>Intimacy vs. Isolation</td>
<td>Intimate Relationships</td>
<td>Am I loved and wanted?</td>
<td>Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.</td>
</tr>
<tr>
<td>Middle Adulthood (40 to 65)</td>
<td>Generativity vs. Stagnation</td>
<td>Work and Parenthood</td>
<td>Will I provide something of real value?</td>
<td>Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.</td>
</tr>
<tr>
<td>Maturity (65 to death)</td>
<td>Ego Identity vs. Despair</td>
<td>Reflection on life</td>
<td>Have I lived a full life?</td>
<td>Older adults need to look back on life and feel a sense of fulfillment. Success at this state leads to a feeling of wisdom, while failure results in regret, bitterness, and despair.</td>
</tr>
</tbody>
</table>

Source: Office of Children & Families in the Courts
* 40 Developmental Assets®
  * Developed by Search Institute
  * Divided into External and Internal Assets
  * How do we apply to an older adult’s developmental stage?
**External Assets**

- **Support**
  - Family Support
  - Positive Family Communication
  - Other Adult Relationships
  - Caring Neighborhood
  - Caring School Climate
  - Parent Involvement in Schooling

- **Empowerment**
  - Community Values Youth
  - Youth as Resources
  - Service to Others
  - Safety
External Assets (continued)

- Boundaries & Expectations
  - Family Boundaries
  - School Boundaries
  - Neighborhood Boundaries
  - Adult Role Models
  - Positive Peer Influence
  - High Expectations

- Constructive Use of Time
  - Creative Activities
  - Youth Programs
  - Religious Community
  - Time at Home
Internal Assets

- Commitment to Learning
  - Achievement Motivation
  - School Engagement
  - Homework
  - Bonding to School
  - Reading for Pleasure

- Positive Values
  - Caring
  - Equality and Social Justice
  - Integrity
  - Honesty
  - Responsibility
  - Restraint
Internal Assets (continued)

* Social Competencies
  * Planning and Decision Making
  * Interpersonal Competence
  * Cultural Competence
  * Resistance Skills
  * Peaceful Conflict Resolution

* Positive Identity
  * Personal Power
  * Self-Esteem
  * Sense of Purpose
  * Positive View of Personal Future
Other interventions

* Assessment Tool:
  * Resiliency Quiz, by Nan Henderson, MSW
* Life Review
  * Identify & draw on previous skills
* Solution-focused brief therapy
  * “If it works, do more of it.”
* Strengths-based CBT (Padesky & Mooney, 2012)
  * Four step model
  * Structured examination of client’s strengths
Martha is an 82 year old woman whose husband recently passed away. Martha loves her house, and has frequent visitors and keeps quite busy with her church. Martha is no longer able to manage the upkeep of her home, so her children have decided Martha needs to move to an Assisted Living Community closer to them, 250 miles away from her current home.
Martha

- What protective factors does Martha have in place?
- What are some risk factors?
- What would a clinician want to assess?
The mission of Senior Reach is to support the well-being, independence and dignity of older adults by educating the community, providing behavioral health, care management services, and connecting older adults to community resources.
“Old age ain’t no place for sissies.”

-Bette Davis
References


