

Aging and Behavioral Health

1.1 Welcome



1.2 WHO Estimates on Aging



1.3 Objectives

In This Training

- Challenges** (Icon: person 60+)
 - What do older adults experience during the aging process?
 - Which mental health and substance use conditions are common in aging individuals?
- Barriers** (Icon: warning sign)
 - What barriers to treatment and support do older adults face?
- Strategies** (Icon: person on bicycle)
 - How can aging adults cope with mental health challenges?

1.4 Changes With Aging




Changes with Aging

- Retirement**
 - Stimulate a sense of freedom
 - Struggle with purposelessness
- Relationships**
 - Find opportunities for new friends
 - Lose lifelong friends and loved ones
- Physical health**
 - Discover new activities and hobbies
 - Experience new physical limits

1.5 Loneliness and Despair

Click each tab to learn more.

Personal Reflection Feelings of Loneliness Symptoms of Depression



When do loneliness and despair become more serious?

Personal Reflection (Slide Layer)

Click each tab to learn more.

Personal Reflection Feelings of Loneliness Symptoms of Depression



- Older adults tend to ask themselves about the meaningfulness of their lives, "Did I live a meaningful life?"
- Ideally, this question brings about feelings of accomplishment.
- For some, this reflection can lead to feelings of regret and despair.

Feelings (Slide Layer)

Click each tab to learn more.

Personal Reflection Feelings of Loneliness Symptoms of Depression



While some people experience an increase in social activities, for others growing older means being less involved with friends, family, and other supportive groups.

Symptoms (Slide Layer)

Click each tab to learn more.

Personal Reflection Feelings of Loneliness Symptoms of Depression

Lingering feelings of:

- Sadness
- Anxiety
- Hopelessness or pessimism
- Worthlessness or helplessness
- Irritability or restlessness

Lingering experiences of:

- Insomnia
- Fatigue or excessive sleeping
- No interest in favorite hobbies
- Excessive eating or loss of appetite
- Difficulty with concentration or decisions



Thoughts of suicide and suicide attempts may accompany depression. (CDC, 2017)

1.7 Depression or Dementia?



Is it Depression or Dementia?

In both conditions:

- Everyday tasks become difficult
- Loved ones struggle to understand seniors' experiences
- Older adults benefit from increased support

It is critically important that seniors be given thorough diagnostic tests by appropriate medical professionals.

Accessible (Slide Layer)


Slide 6 – Accessible Version – Narrated

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1.8 Sense of Touch Never Ages



Touch is the only sense not affected by the aging process.

1.9 Finding Meaningful Connections

Finding Meaningful Connections

Click each tab to learn more.

Say Yes! Relate to Others Give Back



Say yes (Slide Layer)

Finding Meaningful Connections
Click each tab to learn more.

Say Yes! Relate to Others Give Back


- Say yes to invitations
- Keep learning new things
- Play Bingo and more
- Take new classes and trips
- Do something active daily



Relate (Slide Layer)

Finding Meaningful Connections
Click each tab to learn more.

Say Yes! Relate to Others Give Back



- Be open to new friends
- Stay connected to friends and family
- Use the Internet to find/join new groups
- Talk with someone daily

Give back (Slide Layer)

Finding Meaningful Connections
Click each tab to learn more.

Say Yes! Relate to Others Give Back

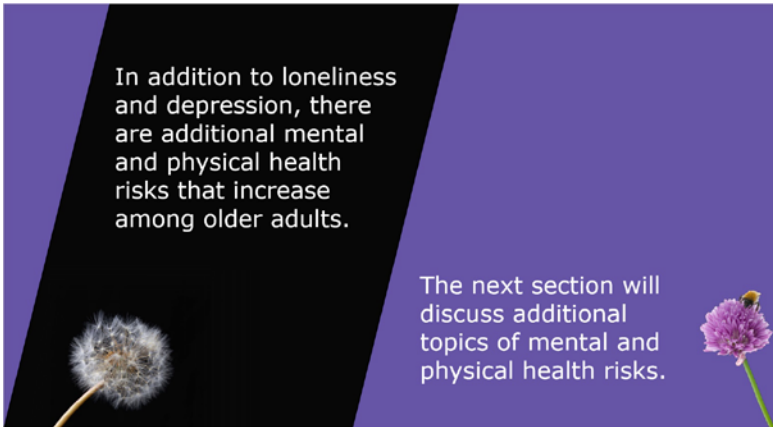
- Volunteer locally
- Adopt/foster a pet
- Teach others about your hobbies or special skills
- Tutor/mentor students
- Work a part-time job



1.11 Section Transition

In addition to loneliness and depression, there are additional mental and physical health risks that increase among older adults.

The next section will discuss additional topics of mental and physical health risks.




1.12 Mental Health Challenges

Mental Health Challenges

Click each tab to learn more.

Risk of Suicide Excessive Anxiety Fear of Falling



- Is associated with chronic illness, mental disorders, and pain (physical and psychological)
- When older adults lose their ability to live independently, they may believe they are a burden
- Feeling like a burden is connected to suicidal thoughts and behavior in older adults



Suicide (Slide Layer)

Mental Health Challenges

Click each tab to learn more.

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Anxiety (Slide Layer)

Mental Health Challenges
Click each tab to learn more.

Risk of Suicide Excessive Anxiety Fear of Falling



Common symptoms of anxiety:

- Experiencing excessive worrying
- Struggling to fall or stay asleep
- Feeling irritable
- Being startled or scared easily
- Struggling to concentrate

Falling (Slide Layer)

Mental Health Challenges
Click each tab to learn more.

Risk of Suicide Excessive Anxiety Fear of Falling

- It is a source of anxiety because falling limits living independently and enjoying daily activities
- More than 1 out of 4 older people fall each year
- Falling once doubles your chances of falling again (CDC, 2017)
- Without support, the fear can inhibit activity



1.14 Reflection Point 1

Reflection Point
Click on all the recommended strategies given within this training.
If it is correct, then it will connect to the question.

Say Yes!

Keep learning new things.

Teach others what you know.

Adopt or foster a pet.

What is a strategy for finding meaningful connections?

Only do things alone.

Stay home as much as possible.

Be open to new friends.

Use the Internet to find groups to join.

1.15 Trauma and Dementia

Dealing with Trauma & Dementia

Trauma is...

- Any event perceived as harmful or threatening
- An event with long-lasting effect on well-being
- Able to cause physical and emotional reactions
- Able to persist for years, even into old age

The onset of dementia can trigger Post-Traumatic Stress Disorder (PTSD) among people who experienced traumatic events in their past.



Accessible (Slide Layer)

Slide 12 – Accessible Version – Narrated

Dealing with Trauma & Dementia

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1.16 Cora's Story

Cora's Story

My Mom, Cora, was diagnosed with dementia a few years ago.

We've noticed over the years that she was becoming afraid of being around people.

Her fear is especially heightened when dressing, bathing, or using the bathroom.

It is especially difficult to hear her call out for help while she's sleeping.



1.17 Cora's Symptoms

Cora's Symptoms

Cora's past trauma was not revealed until the onset of dementia.

Her family is struggling with the revelation.

It is important to be aware that these conditions can coexist.



1.18 Mandela Quote



A society that does not value its older people denies its roots and endangers its future.

- Nelson Mandela

1.19 Use and Abuse

Elder Abuse



Substance Use



Opioid Use



Click each topic to learn about additional challenges.

Elder (Slide Layer)

Elder Abuse

Substance Use

Opioid Use

- » 15% of adults 60+ experienced some form of elder abuse
- » **Abuse can be:**
 - Psychological
 - Physical
 - Financial
 - Sexual
 - Neglect
- » Only 4% of abuse is reported

» **Texas Elder Abuse Hotline**
(800) 252-5400

» **National Eldercare Locator**
(800) 677-1116

» **National Domestic Violence Hotline**
(800) 799-7233

Click each topic to learn about additional challenges.

Substance (Slide Layer)

Elder Abuse

Substance Use

Opioid Use

» **Risk factors:**

- Chronic pain
- Physical illness
- Grief
- Social isolation

» **Can be related to:**

- Depression
- Suicide
- Anxiety
- Elder abuse

Click each topic to learn about additional challenges.

Opioid (Slide Layer)

Elder Abuse

Substance Use

Opioid Use

» Often used for chronic pain

» May start with prescription

» Advocate for alternative options

» **Alternative pain management:**


- Exercise/Yoga
- Massage
- Physical therapy


Click each topic to learn about additional challenges.

1.21 Reflection Point 2

Reflection Point

A common reason for Substance Use Disorders (SUDs) among older adults is their experience with chronic physical pain.


True


False

True (Slide Layer)

Good Thinking

The risk factors for Substance Use Disorders (SUDs) among older adults are:

- Chronic pain
- Physical illness
- Grief
- Social isolation

Click here to proceed →

False (Slide Layer)

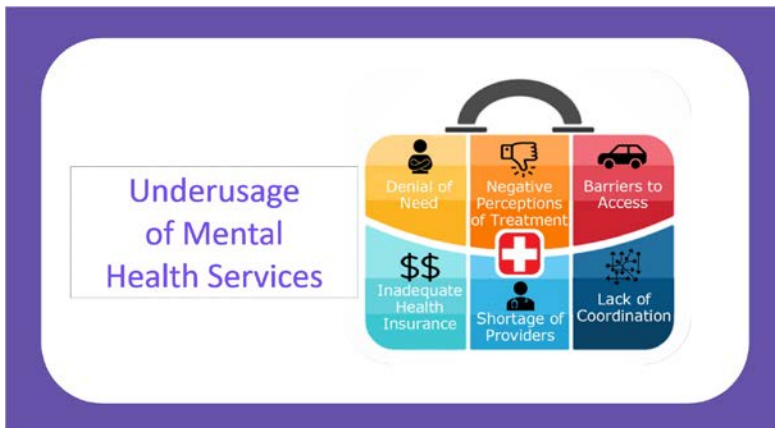
Let's Review

The risk factors for Substance Use Disorders (SUDs) among older adults are:

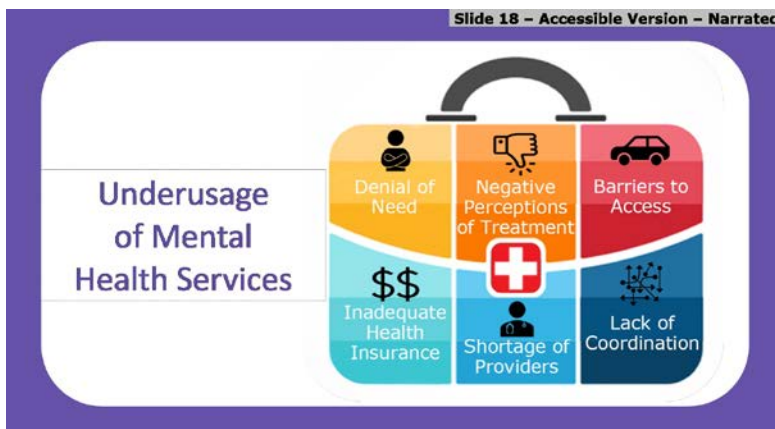
- Chronic pain
- Physical illness
- Grief
- Social isolation

Click here to proceed →

1.23 Under usage of Mental Health Services



Accessible (Slide Layer)



1.24 Wellness Strategies



Physical (Slide Layer)



Physical Wellness Strategies

- Exercise your body
- Take daily walks
- Go to a senior center
- Do seated exercises

Exercise can have a positive effect on a person's mental health.

Group fitness classes can provide a sense of important community.

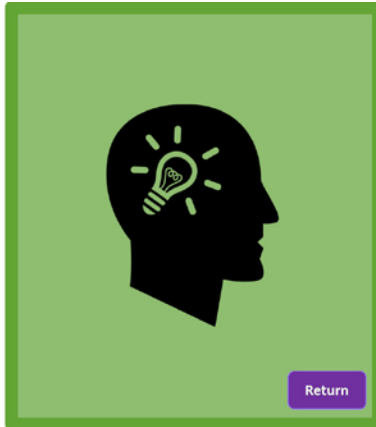
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Mental (Slide Layer)

Mental Wellness Strategies

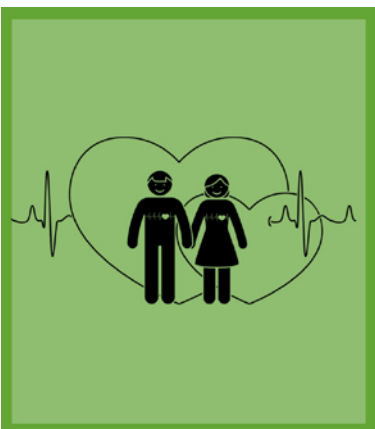
- Exercise your mind
- Read diverse content
- Learn new skills
- Play various games

Invite others to learn and play with you.



[Return](#)

Emotional (Slide Layer)



Emotional Wellness Strategies

- Practice positive emotions
- Think of daily gratitudes
- Be active socially

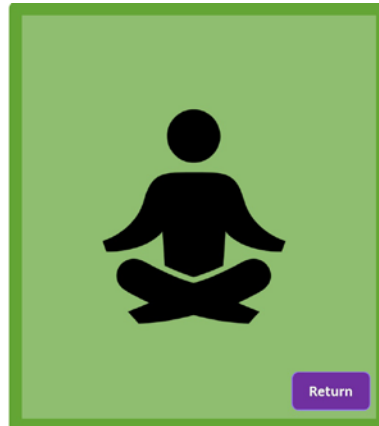
Practice being thankful for all the positive things and people in your life.

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Spiritual (Slide Layer)

Spiritual Wellness Strategies

- Pursue spiritual or religious activities
- Participate with others



Cultural (Slide Layer)



Cultural Wellness Strategies

- Explore culture
- Visit museums & galleries
- Tour historical sites/programs
- Visit science centers

If you have physical constraints, then explore such places online.

Return

1.26 Einstein Quote



Accessible (Slide Layer)



1.27 Summary

Summary

- Aging adults have several physical and mental health challenges
- Any diagnosis should be given by a *qualified professional*
- Encourage, support, and advocate for mental health care with your loved ones

www.mentalhealthtx.org



1.28 Knowledge Check Instructions

Knowledge Check

It's time to practice what you've learned!

This is a quiz with five questions.

1.29 Knowledge Check Question 1

(Pick One, 10 points, 1 attempt permitted)

Knowledge Check 1

If elder abuse were really happening, then it would be reported more frequently.

True False

Correct (Slide Layer)

Good Thinking

Although at least 15% of the adults over 60 have experienced some form of elder abuse (WHO, n.d.), **only 4% of abuse is reported.**

Texas Elder Abuse Hotline
(800) 252-5400

Click here to proceed →

Incorrect (Slide Layer)

Let's Review

Although at least 15% of the adults over 60 have experienced some form of elder abuse (WHO, n.d.), **only 4% of abuse is reported.**

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Click here to proceed →

1.31 Knowledge Check Question 2

(Pick Many, 10 points, 1 attempt permitted)

Knowledge Check 2

Which of the following can be symptoms of anxiety among older adults? *(Select all that apply)*

- A. Experiencing excessive worry
- B. Experiencing insomnia
- C. Feeling irritable
- D. Struggling to concentrate

Correct (Slide Layer)

Good Thinking

Experiencing worry, insomnia, irritability, and struggling to concentrate are all symptoms of excessive anxiety among aging adults.

Click here to proceed →

Incorrect (Slide Layer)

Let's Review

Remember that symptoms of excessive anxiety may include experiencing worry, insomnia, irritability, and struggling to concentrate.

Click here to proceed →

1.33 Knowledge Check Question 3

(Pick One, 10 points, 1 attempt permitted)

Knowledge Check 3

When speaking to an older loved one about mental health or substance use concerns, it is recommended to include their:

- A. Close Friends
- B. Neighbors
- C. Primary Care Doctor
- D. Siblings

Correct (Slide Layer)

Good Thinking

When speaking to an older loved one about mental health or substance use concerns, it is recommended to include their primary care doctor.

Click here to proceed →

Incorrect (Slide Layer)

Let's Review

When speaking to an older loved one about mental health or substance use concerns, it is recommended to include their primary care doctor.

Click here to proceed →

1.35 Knowledge Check Question 4

(Pick One, 10 points, 1 attempt permitted)

Knowledge Check 4

Volunteering, mentoring, and caring for a pet were strategies for older adults to make meaningful connections.

True False

Correct (Slide Layer)

Good Thinking

Recommended strategies for making meaningful connections included:

- Saying "Yes" to new friends, groups, and activities
- Communicating with friends and family
- Staying physically active
- Giving back by volunteering, teaching, mentoring, and caring for a pet

Click here to proceed →

Incorrect (Slide Layer)

Let's Review

Recommended strategies for making meaningful connections included:

- Saying "Yes" to new friends, groups, and activities
- Communicating with friends and family
- Staying physically active
- Giving back by volunteering, teaching, mentoring, and caring for a pet

Click here to proceed →

1.37 Knowledge Check Question 5

(Pick One, 10 points, 1 attempt permitted)

Knowledge Check 5

Why is learning a new hobby included as a strategy for mental wellness?

- A. It can be done alone
- B. It is a common barrier
- C. It is inexpensive
- D. It stimulates the brain

Correct (Slide Layer)

Good Thinking

Learning new hobbies, activities, languages, and games is stimulating for the brain.

Click here to exit the module →

Incorrect (Slide Layer)

Let's Review

Learning new hobbies, activities, languages, and games is stimulating for the brain.

Click here to exit the module →