Self Neglect - Don't Neglect Yourself

Developing Best Practices in Service Provision
Working Definition of Self Neglect

Consequences of Self Neglect
– For Clients
– For Staff
Self Neglect Exercise

IS IT SELF NEGLECT?
WHY?
Components of a Working Definition

- APS Standards
- Program Design – What is yours?
- Agency Resources
- Community Resources
- Evaluation Tools
- Language
Consequences of Self Neglect for Clients

- Higher rates of illness and death
- Higher rate of emergency room visits and hospitalization.
- More apt to suffer other forms of elder abuse
- Mental illness and social isolation are demonstrated risk factors, but do depressed people neglect their care, or do people who self-neglect then become depressed (Dr. Dong)
Consequences of Self Neglect for Staff

Consider this: “If we are passionate about what we do then we have to be passionate about doing it well.”

For the Individual

For the Organization
Solutions for Self Neglect for Staff

Create a Mantra or Personal Mission Statement (ex. Andy Stanley, Star Wars)
Know your Stress Symptoms Precursors
Know your Stress Symptoms (see tools below)
Address your specific symptoms
Avoid it
- Keep a regular sleep routine
- Take some vacation time
- Eat right
- Find stress-free activities
- Practice Mindfulness
- Follow healthy lifestyle choices
- Add nonprofessional activities to your weekly schedule.
- Take a break when you need one
- Make a change
- Get support
- Consult with a mental health professional

https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642
# Screening Tool

<table>
<thead>
<tr>
<th>Domains of self-care and self-protection</th>
<th>Decisional capacity</th>
<th>Executive capacity (verification of task performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal needs and hygiene: Bathing, dressing, toileting, and ambulation in home</td>
<td>Appreciation of problems</td>
<td>Consequential problem solving</td>
</tr>
<tr>
<td>Condition of home environment: Basic repairs/maintenance of living area and avoidance of safety risks</td>
<td>Has it been difficult, or do you need assistance, to wash and dry your body or take a bath?</td>
<td>If you had trouble getting into the bathtub, how could you continue to bathe regularly without falling?</td>
</tr>
<tr>
<td>Activities for independent living: Shopping and meal preparation, laundry and cleaning, using telephone, and transportation</td>
<td>Do you have any trouble getting around your home due to clutter, furniture, or other items?</td>
<td>What if your air conditioner [or heater] stopped working; how would you fix the problem?</td>
</tr>
<tr>
<td>Medical self-care: Medication adherence, wound care, and appropriate self-monitoring</td>
<td>People who forget to take their medications may end up having a worse health condition or need to see the doctor more often. Do you have problems remembering to take medications?</td>
<td>Consider if you had to have someone give your medications to you and watch you take them. How would this affect your everyday life?</td>
</tr>
<tr>
<td>Financial affairs and estate: Managing checkbook, paying monthly bills, and entering binding contracts</td>
<td>What difficulties do you have paying your monthly bills on time?</td>
<td>How could asking [cite individual] to help you with paying your bills be better than managing your monthly income and paying bills by yourself?</td>
</tr>
</tbody>
</table>

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2847362/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2847362/)