

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

Screening Tool

| | Decisional capacity | | Executive capacity (verification of task performance) |
|---|---|---|--|
| Domains of self-care and self-protection | Appreciation of problems | Consequential problem solving | |
| Personal needs and hygiene: Bathing, dressing, toileting, and ambulation in home | Has it been difficult, or do you need assistance, to wash and dry your body or take a bath? | If you had trouble getting into the bathtub, how could you continue to bathe regularly without falling? | Physical examination of hair, skin, and nails. Gait evaluation and screening for balance problems and recent falls. |
| Condition of home environment: Basic repairs/maintenance of living area and avoidance of safety risks | Do you have any trouble getting around your home due to clutter, furniture, or other items? It is important to make basic repairs to one's home; do any parts of your home need repairs? | What if your air conditioner [or heater] stopped working; how would you fix the problem? | Proxy reports of the home environment or a home safety evaluation performed by an occupational therapist or home health service. |
| Activities for independent living: Shopping and meal preparation, laundry and cleaning, using telephone, and transportation | Going to the store is important for buying food and clothing for everyday life. Do you have any problems going to the store regularly? | If you needed to call a friend [a cab or other service] to take you to the store, how would you do that? | Ask patient to use the clinic's phone and call a friend or other service to ask for a ride. [Patient should demonstrate all steps for making a call and getting information.] |
| Medical self-care: Medication adherence, wound care, and appropriate self-monitoring | 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? | Consider if you had to have someone give your medications to you and watch you take them. How would this affect your everyday life? | Ask patient to bring all medication bottles from home, even empty ones. Review medication fill and refill dates and pill counts, or have a home-health nurse do a home medication assessment. |
| Financial affairs and estate: Managing checkbook, paying monthly bills, and entering binding contracts | What difficulties do you have paying your monthly bills on time? | How could asking [cite individual] to help you with paying your bills be better than managing your monthly income and paying bills by yourself? | Proxy reports of bank statements, uncollected debts, or bills. Can formally assess performance with routine financial tasks, such as 1- or 3-item transactions, including making change or conducting a payment simulation using a check and register. |
| | Who can assist you with paying your monthly bills or managing your finances? | Are there any reasons why asking [cite individual] to manage your income might not help or might make things worse for you? | |

