

Figure 12.1. Resources for Older Adults: Websites and Mobile Applications

Type	Location	Description
<b>Websites</b>	<b>Alzheimer’s Association</b> <a href="http://www.alz.org/">http://www.alz.org/</a> <a href="http://www.alz.org/care/overview.asp">http://www.alz.org/care/overview.asp</a>	Resources for patients and families (e.g., caregivers) who are coping with Alzheimer’s disease
	<b>American Association of Retired Persons (AARP)</b> <a href="http://www.aarp.org/">http://www.aarp.org/</a> <a href="https://secure.aarp.org/home-family/caregiving">https://secure.aarp.org/home-family/caregiving</a>	Resources for patients and families of “older adults” (i.e., 50 years or older)
	<b>Family Caregiver Alliance</b> <a href="https://caregiver.org">https://caregiver.org</a>	Community-based nonprofit organization to address needs of those providing care at home
	<b>National Association of Area Agencies on Aging</b> <a href="http://www.n4a.org">http://www.n4a.org</a>	Represents Area Agencies on Aging; helps patients and providers connect with local resources for older adults
	<b>National Council on Aging</b>	Partners with nonprofit organizations, governments, and businesses

	<a href="https://www.ncoa.org">https://www.ncoa.org</a>  <a href="https://www.ncoa.org/center-for-healthy-aging">https://www.ncoa.org/center-for-healthy-aging</a>	to provide resources for older adults
	<b>National Resource Center on LGBT Aging</b>  <a href="http://lgbtagingcenter.org">http://lgbtagingcenter.org</a>	Provides training, technical assistance, and educational resources to providers, organizations, and LGBT older adults
	<b>Program of All-Inclusive Care for the Elderly (PACE)</b>  <a href="http://www.pace4you.org">http://www.pace4you.org</a>  <a href="http://www.npaonline.org">http://www.npaonline.org</a>	Provides comprehensive medical and social services to those 55 or older who are eligible for nursing home care and could live safely in the community; criteria may change as PACE is being tested with new populations
	<b>The Center for Complicated Grief</b>  <a href="http://complicatedgrief.org/">http://complicatedgrief.org/</a>	Provides resources for patients, providers, and family members about managing complicated grief
<b>Mobile Applications</b>	<b>Pill Reminder by Drugs.com (Free)</b>  <a href="https://itunes.apple.com/us/app/pill-reminder-by-drugs.com/id453359236?mt=8">https://itunes.apple.com/us/app/pill-reminder-by-drugs.com/id453359236?mt=8</a>	Reminds individuals to take and refill medications; also checks for drug interactions, dosage, and side effects

Figure 12.2. Geriatric Depression Scale, 5- and 15-item Versions

**Section I. GDS-5**

1.	Are you basically satisfied with your life?	<b>YES</b>	<b>NO</b>
2.	Do you often get bored?	<b>YES</b>	NO
3.	Do you often feel helpless?	<b>YES</b>	NO
4.	Do you prefer to stay home rather than going out and doing new things?	<b>YES</b>	NO
5.	Do you feel pretty worthless the way you are now?	<b>YES</b>	NO

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*Calculate score in the box below. Answers in **bold** are worth "1."*

**Score from first five questions =**

*If a score of 2 or more above, please continue with remaining 10 questions, otherwise depression may not be a problem*

**Section II. GDS-15**

6.	Have you dropped many of your activities and interests?	<b>YES</b>	NO
7.	Do you feel that your life is empty?	<b>YES</b>	NO
8.	Are you in good spirits most of the time?	YES	<b>NO</b>
9.	Are you afraid that something bad is going to happen to you?	<b>YES</b>	NO
10.	Do you feel happy most of the time?	YES	<b>NO</b>
11.	Do you feel you have more problems with memory than most?	<b>YES</b>	NO
12.	Do you think it is wonderful to be alive now?	YES	<b>NO</b>
13.	Do you feel full of energy?	YES	<b>NO</b>
14.	Do you feel your situation is hopeless?	<b>YES</b>	NO
15.	Do you think that most people are better off than you are?	<b>YES</b>	NO

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*Calculate below the totals from both section one and section two. Answers in **bold** are worth "1."*

**Score from all fifteen questions** =

For clinical purposes a score > 5 points is suggestive of depression and should warrant a follow-up interview. Scores > 10 are almost always depression.

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Figure 12.2. Geriatric Depression Scale, 5- and 15-item versions. From "Comparing Various Short-Form Geriatric Depression Scales Leads to the GDS-5/15," by S. K. Weeks, P. E.

McGann, T. K. Michaels, and B. W. J. H. Penninx, 2003, *Journal of Nursing Scholarship*, 35, p. 136. Copyright 2003 by Sigma Theta Tau International. Adapted with permission.

Figure 12.3. Bereavement, Grief and Mourning Handout

### Bereavement, Grief and Mourning

**Bereavement** is the state of having lost a significant other to death. **Grief** is the personal response to the loss. **Mourning** is the public expression of that loss.

#### *What is “normal” grief?*

Grief reactions vary depending on who we are, who we lost, our relationship with that person, the circumstances around their passing, and how much his or her loss affects our day-to-day functioning. Different people may express grief differently, and you may even have different grief responses between one loss and another. Reactions to grief and loss include not just emotional symptoms but also behavioral and physical symptoms. These reactions often change over time. All are normal for a short period of time.

**Emotional**: shock, denial, numbness, sadness, anxiety, guilt, fear, anger, irritability

**Behavioral**: crying unexpectedly, sleep changes, not eating, withdrawing from others, restlessness, trouble making decisions

**Physical**: concentration problems, exhaustion/fatigue, decreased energy, memory problems, upset stomach, pain, and headaches.

Symptoms that are not normal and may signal the need to talk to a professional include use of drugs or alcohol, violence, and thoughts of killing oneself.

The **duration** of grief varies from person to person. Research shows that the average recovery time is 18 to 24 months. Grief reactions can be stronger around significant dates, like the anniversary of the person’s death, birthdays, and holidays.

**Give yourself time to grieve.** It is normal and important to express your grief and to work through the concerns that arise for you at this time. “Stuffing” your feelings may not be

helpful and may delay or prolong your grief.

1. **Find supportive people to reach out to during your grief.** This is the time when the support of others may be the most helpful. Don't be afraid to tell them how they can best help, even if it means just listening. It is often very helpful to talk about your loss with people who will allow you to express your emotions.
2. **Take care of your health.** After a loss, we often stop doing the things we need to for health care, such as exercising, eating correctly, or taking prescribed medications. If you are on a health care regimen, it is important to continue to that plan.
3. **Postpone major life changes.** Give yourself time to adjust to your loss before making plans to change jobs, move or sell your home, or remarry, for example. Grief can sometimes cloud your judgment and ability to make decisions.
4. **Consider keeping a journal.** It is often helpful to write or tell the story of your loss and what it means to you as a way to work through your feelings.
5. **Participate in activities.** Staying active through exercise, enjoyable activities, outings with supportive others, or starting new hobbies can help us get through tough times while providing opportunities for constructive development and use of energy.
6. **Find a way to memorialize your loved one.** Planting a tree or garden in the name of your loved one, dedicating a work to their memory, contributing to a charity in their name, and other such activities can be helpful.

**Consider joining grief-support groups or contacting a grief counselor for additional support and help.** Depressive symptoms (feeling sad) are a normal part of bereavement. Staying active and finding support from others can help you through the grief process.

Figure 12.3. Bereavement, grief, and mourning handout. Adapted from "Bereavement, Grief, and Mourning" by R. A. Nicholas. Copyright 2016 by R. A. Nicholas. Adapted with permission.

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## Cognitive Functioning Assist Phase Script-Chapter 12

It can be helpful to incorporate the use of reminders and devices to help you remember. Establish a place to put important objects, such as a hook by the door for keys, a bin on your dresser for your wallet and cell phone. You can use daily to-do lists to help you remember what you need to do each day. Memory strategies, such as remembering things together in groups, can help you remember. For example, rather than trying to remember the individual numbers in a phone number, try putting the numbers together. So instead of 5-5-5-7-3-0-9, remember the number as five hundred and fifty-five and seven thousand, three hundred, and nine.

Exercising your memory by engaging in activities that require careful thinking may also help your memory. Some examples of these activities are learning a new skill, learning to play an instrument, or playing games or completing puzzles that require complex thinking, such as chess, crossword puzzles, or Sudoku. Some older adults enjoy writing or orally sharing their life stories as a way to exercise their memory. Is there anything that you used to do or would like to do to "exercise" your memory?

Physical activity may improve your ability to think and remember. Would it be reasonable for you to start a walking program? Because you haven't been walking for physical activity, perhaps we could start out by just walking for 10 minutes a day. What days and times could you plan to do that walk?

When you are having difficulty remembering something, it is important to try to remain calm. If you get upset, your stress response makes it even harder for you to remember. Taking a couple of deep breaths can help to reduce the stress response that sometimes interferes with remembering.





## Incontinence Assist Phase Script-Chapter 12

Sometimes we develop incontinence because the muscles that we use to control our urine get weaker as we age. Just like other muscles in our body, if we exercise those muscles we can make the muscles stronger. If the muscles are stronger, we can control our urine flow more easily. Therefore, we're going to discuss an exercise routine to help you strengthen those muscles. As you are sitting here, see whether you can squeeze the muscles that you use to control your urine flow. The squeezing should not cause you any pain and you shouldn't need to move your body, just gently squeeze those muscles. Are you able to do that? To practice, squeeze the muscles that you use to stop the flow of urine and hold that squeeze for 10 seconds, then let the muscles relax for 10 seconds. Repeat the squeezing and relaxing ten times at least three times a day.