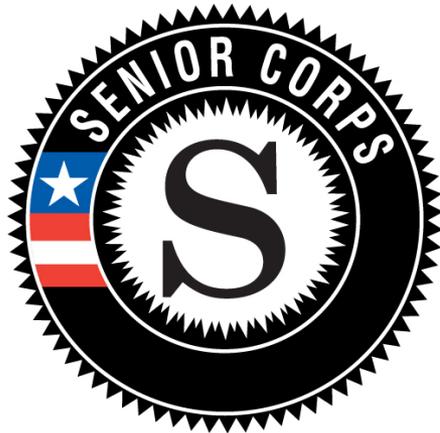


*Providing Independent
Living Support:
Physical, Emotional, and Social
Challenges Experienced by
Clients*



Trainer: _____

Date: _____

LEARNING OBJECTIVES

By the end of the session, participants will increase their understanding of:

- The challenges clients face, such as limitations to mobility, self-care, activities of daily living, and companionship
- Tips and strategies for managing these issues and how to assist their clients

OLDER AMERICANS AT RISK OF LOSING THEIR INDEPENDENCE

- 3 million Americans who are 85 and older
- People living alone without a caregiver
- People with physical or mental impairments
- People with low-incomes
- People who are abused, neglected, or exploited

WHAT ARE YOUR CONCERNS?



What are some of the day-to-day challenges that your clients (or elder loved ones) face?

DAILY LIVING SKILLS

- Activities of Daily Living (ADL) include the basic tasks of dressing, bathing, grooming, using the toilet, eating, walking, or getting in and out of bed.
- Instrumental Activities of Daily Living (IADL) include activities for maintaining a household and an independent life.

POSSIBLE WARNING SIGNS

- Poor hygiene
- Poor housekeeping
- Difficulty handling money
- Inability to cook or prepare meals
- Hoarding
- Inappropriate behavior
- Unusual memory loss
- Language or speech difficulties
- Disorientation to time, person, place
- Change in weight, personality, mood or behavior
- Incontinence

EXERCISE: HOW WOULD YOU HELP THIS CLIENT?

1. Divide into groups of three or four.
2. Your group will be assigned 1-2 situations.
3. Draw a T diagram and record your ideas:
 - ✓ What might be happening?
 - ✓ Problem-solving strategies
4. When time is called, please return to the large group.

SIGNS OF NEEDING HELP

Client has:

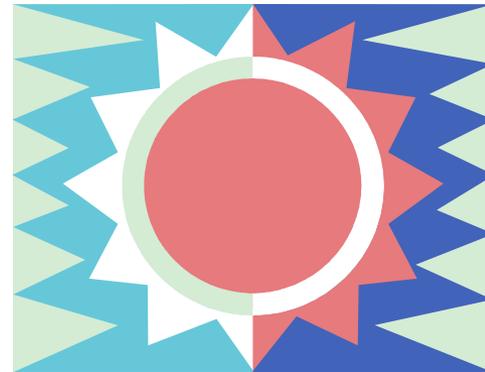
- Unpaid stacks of bills
- Forgotten appointments
- Unfilled prescriptions, medication issues
- Anger or depression
- Serious clutter

TACTFULLY OFFERING HELP

- *It seems that...*(whatever is happening)
- *What do you think we can do about it?*
- *Would you like me to call my supervisor about getting more help?*
- *I have some extra time today, could I* (tidy up a bit, help with a few errands, etc.)
- *I see you have some mail that needs sorted; let's go through it and see what you want to keep.*
- *How are you feeling? You look a little sad. Can I help?*

REFLECTION: NEXT STEPS

Is there a senior in your life who is in need of help with daily living tasks?



WHERE TO FIND ADDITIONAL HELP/IDEAS

- Your local Area Agency on Aging
- Home Health Agency Staff/Case Manager
- Hospitals
- Attend volunteer meetings!

LAST BUT NOT LEAST...

Of the 9 million Americans over age 65 who live alone, two million say they have no one to turn to if they need help.

YOU MAKE A DIFFERENCE!

(An Aging World 2001, U.S. Department of Commerce, UN Department of Public Information, DP/2264).