

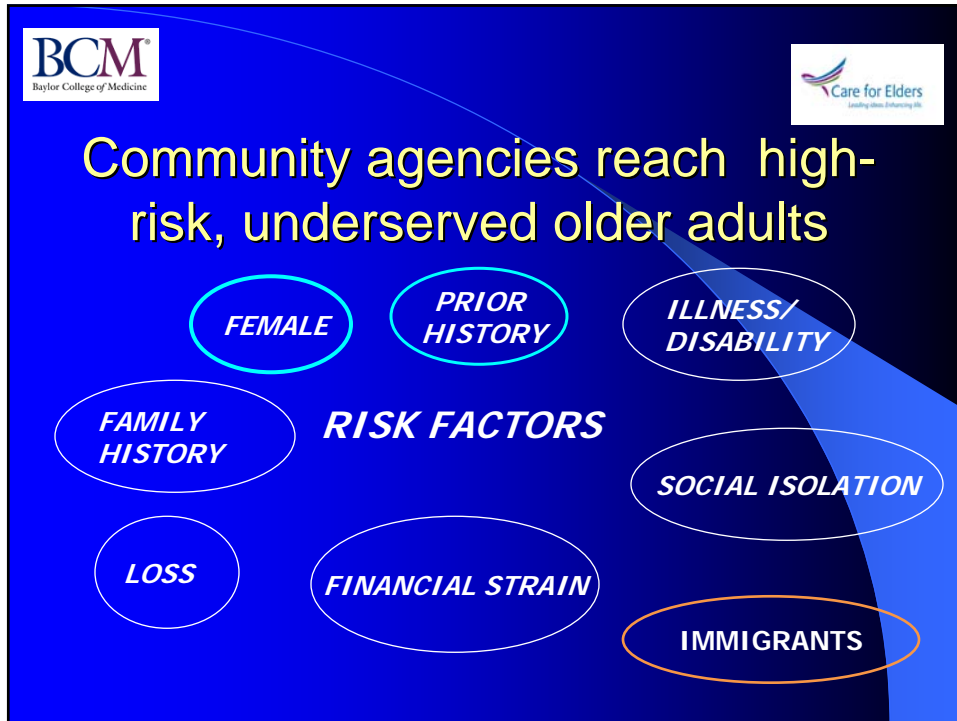
Lessons Learned from Using Depression Screening Measures

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Wind beneath my thoughts

- Research Conducted/Shared: IMPACT, PEARLS, HOPE-D, TRIAD, Baylor, others!!
- Policy Leadership & Support: AoA, CDC, SAMHSA, AHRO,
- Brave and Wise Practice Community: TX, NJ, ME, OH, VT, GA, WA, AZ, and others
- Private Philanthropy: Hartford, MacArthur, RWJ, United Way, Others...
- Advocates/Champions: NCOA, ASA, Coalition



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- The slide features a central title "Naturally Occurring Opportunities" in yellow text on a blue background. The title is flanked by the BCM logo (Baylor College of Medicine) on the left and the Care for Elders logo on the right. Below the title, a list of opportunities is presented in white text, each preceded by a blue circular bullet point:
- Home Health Care (Medicare, Medicaid)
 - OASIS (see Bruce et al. Ell et al.)
 - Home and community-based service settings
 - Functional Assessment: Eligibility, Care Planning
 - Supportive Social Services in Housing
 - Adult Day Care and Senior Centers
 - Residential Care including Nursing Homes





Questions
are
Asked
Now.....

Answers
are "filed"

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CLIENT NAME: _____

Depression/Cognitive Impairment

20. During the last month, have you been bothered by little interest or pleasure in doing things?
Have you felt down, depressed, or hopeless? Yes = 1 No = 0

If the answer to Question 20 is Yes, then ask:

In the last two weeks, have you felt this way for most of the day, nearly every day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Scoring for this section: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Score</th> <th>Responses</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">0</td> <td>All responses NO</td> </tr> <tr> <td style="text-align: center;">1</td> <td>One YES response</td> </tr> <tr> <td style="text-align: center;">2</td> <td>Two or more YES responses</td> </tr> </tbody> </table>	Score	Responses	0	All responses NO	1	One YES response	2	Two or more YES responses
Score	Responses										
0	All responses NO										
1	One YES response										
2	Two or more YES responses										
Have you had problems sleeping?	<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Have you lost the ability to enjoy things that once were fun?	<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Do you feel you have little value as a person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Have you had a significant change in your appetite?	<input type="checkbox"/> Yes	<input type="checkbox"/> No									

21. During the last two weeks, how often have you had trouble concentrating or making decisions?
 None at all = 0 Frequently = 2
 Occasionally = 1 Everyday = 3


22. ASSESSOR:
 Does the client have the ability to make decisions independently?
 Makes consistent decisions = 0 Requires cues/supervision = 2
 Makes only simple decisions = 1 Severely impaired = 3


23. ASSESSOR:
 Does the client appear to have short-term memory impairment?
 None = 0 Has frequent lapses = 2
 Mild = 1 Severely impaired = 3

TOTAL SCORE: _____

Impairment Level: LOW (Score 0 – 19) MODERATE (Score 20 – 39) SEVERE (Score 40 and above)




Comments: _____







Training Staff to Address Depression

- Studies and experience support staff of different backgrounds can be trained to conduct valid depression screenings
 - Home health nurses
 - Social workers
 - Case managers
- Key Consideration: Belief in what can happen to make a difference: Why Ask?



Practical Considerations

- Timing: Admission, Intake, Assessment ? Recertification or Reassessment? Repeat?
- Moving from Meals to Incontinence to Mood?
- Competing demands and priorities
- Integrating into workflow and paperflow—



Training of Staff

- Varying levels of personal and professional experience with depression and mental health
- Developing comfort, confidence and skills is a “process”, not an event
- Training strategies used effectively:
 - Group didactics with video, live demonstrations
 - Interactive learning with role plays
 - Coaching and Supervision: individual and group
 - Potential for on-line educational tools



Clinical Considerations

- Standardized measures used and scored in a valid way
- Comfort in a new arena with unique issues:
 - Older adult
 - Family member/other care providers
- Addressing suicide: protocols, support



When we ask...we find:

- Significant rates of depression in community dwelling elders including chronic, recurrent depression
- Older adults are taking anti-depressants and still positive for depression
- Significant minority may report suicidal ideation
- Clients vary in readiness to address depression
- Treatment resources vary greatly



Agencies need to respond..

- Help clients recognize and understand their symptoms
- Inventory depression treatment options
- Define linkage/communication methods with potential providers
 - Primary Care providers
 - Specialty Mental Health Providers
- Systematic Plans for Follow-up with Client



Vital Roles for Community Agencies

- Communities need champions...
 - Increase awareness
 - Address Stigma
 - Expand support
 - Attend to cultural relevance
- Partnerships make many things possible
 - Aging, Mental Health, Primary Care, Home Care
 - Coalitions on Mental Health and Aging



Resources: See Handout and Exhibits Today!

- What has or could happen in your environment?
- For community?
- Older adults?
- Caregivers?

