



Ontario PsychoGeriatric Association
www.opga.on.ca

A Tale of Two Seniors

changes, challenges and opportunities

Friday May 2, 2008
Holiday Inn, Markham

Thank you

- YOU - for joining us
- 2008 OPGA Planning Group
- St. Joseph's Outreach Services, Guelph
- Organizations providing displays and resources- Schizophrenia Society, Alzheimer Society York, Canadian Mental Health Association, Seniors For Seniors and MAREP
- Generous Sponsors- Pfizer, Verathon Medical, and Novartis



Housekeeping

- Participant Package
- Agenda for the day
- Washrooms
- Cell phones
- Please complete your evaluation
- Need help?



And the journey will take us ...

As we unfold the journey of Bob and Mary, *our tale of “two seniors”*, try & identify examples of **changes**, **challenges** and **opportunities** highlighted along the way



As active participants we hope you benefit from the exposure to:

- Facts and myths
- Health and wellness approaches to manage chronic disease
- Provider practices and protocols
- Range of assessment, intervention and monitoring activities, tools and resources; and,
- A resource for YOU to help manage the stresses and strains in a busy and complex work life.

Themes that thread along the way ...

Holistic assessment

Learning & sharing

Seams in the system

2 way communication

Think atypical

Standardized assessment

Partnerships

Personhood

Collaboration

Transition

Professional wisdom

Client centered

Change

Opportunities

Evidence informed practice

Communication

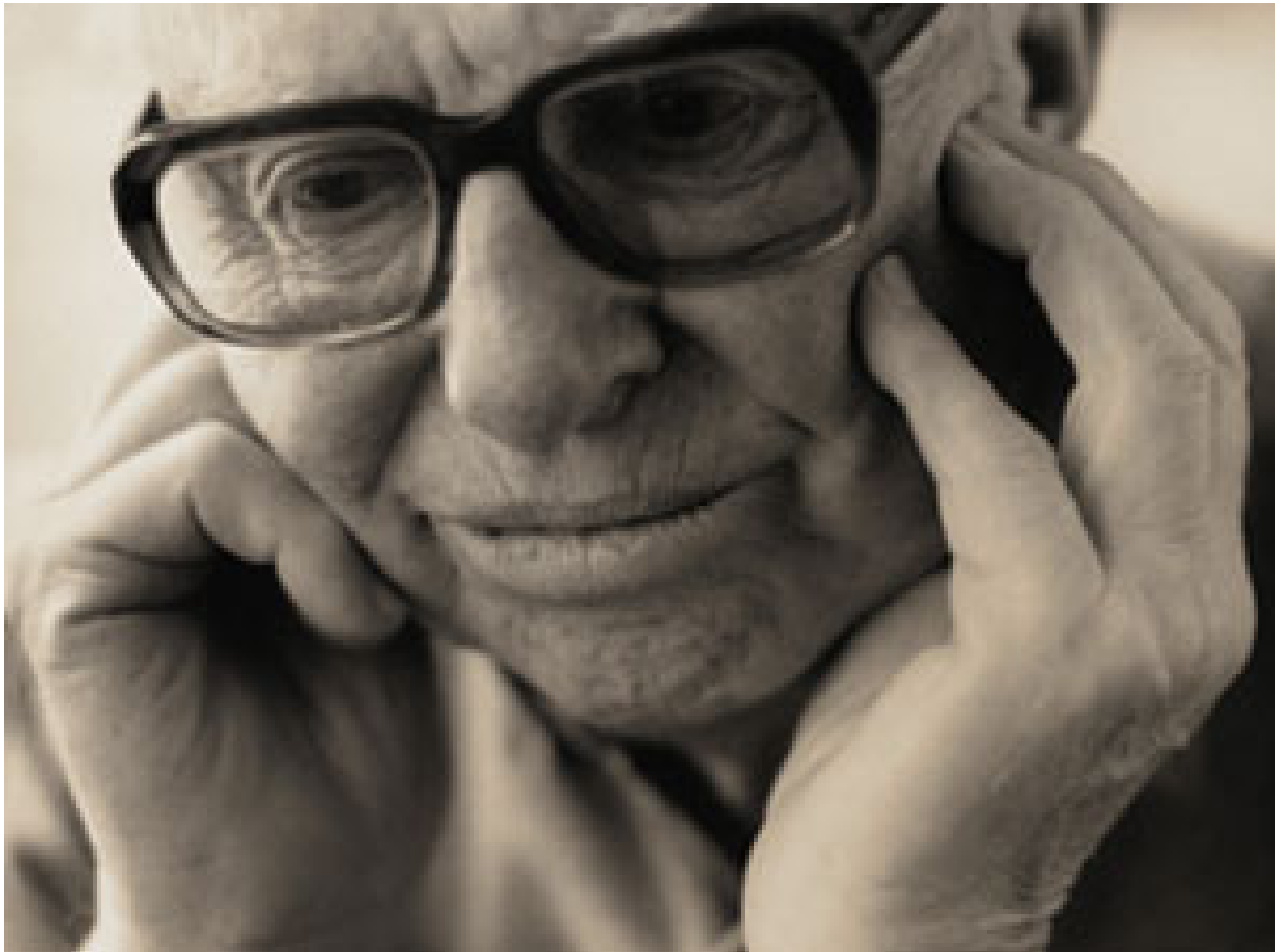
Do not make assumptions

Challenges



Meet Our Two Seniors





Bob



- 84 years old and lives alone
- Eldest of 3; born and raised in TO
- University educated, engineer at large company, successful, traveled
- Joan was the “kin-keeper” and they used to ballroom dance, garden
- Wife Joan died suddenly of a heart attack, 2 years ago
- Daughter (out west) and a married son
- **Medically:** hypertension, osteoarthritis, hearing impairment, past hx of prostate cancer
- **Mental health:** not going out, memory not as sharp, drinking to pass the time and “ease the pain”, “*better off dead*”, losing weight and not sleeping





Mary



- 75 years old, married and lives with husband John (81 years of age)
- Born in Newfoundland- youngest of 4
- Grade 10 education and worked in the family fishing business
- Married, together came to Ontario in the 60's, not able to have children
- Worked in manufacturing, enjoyed country music, playing cards, cooking, John loves old cars
- **Medically:** NIDDM, some problems with urine incontinence, arthritis
- **Mental health:** diagnosed with paranoid schizophrenia around 39 years of age, was hearing voices, delusions of persecution- managed well for a period of time; currently has increased memory problems, needs help with ADLs, actively psychotic, resisting medications, no official diagnosis related to cognitive changes
- High caregiver stress and elevated BP



Who is your Bob or Mary?

Changes...Challenges...

Opportunities?



OPGA Board Members

President

Ann Pottinger

Vice President

Vacant

Secretary-Treasurer

Amelia Perri

Past President

Sylvia Davidson

Members at Large

Audrey Devitt

Janet McMullan

Julia Baxter

Leah Sadler

Sue Sebastian

