

Managing Living With Risk...

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Bridgepoint

Lunenfeld-Tanenbaum Research Institute

Circle of Care

Agenda

- What is Considered Risky?
- Why do We Agonize over Risk?
- What About Consent & Capacity?
- How Can We Support People as Best as Possible Who Choose to Live with Risk?



What do We Mean by Risk?

A Definition of Risk...

- Possibility of injury or loss
- Someone or something that creates or suggests a hazard
- In a state or condition of marked by a high level of risk or susceptibility, for example - patients at risk for infection or at risk for falls.

Merriam -Webster Dictionary



Why do We Agonize Over Risk?

Our Hippocratic Oaths?

- We Inherently Care About Others...
- We Aim to DO NO HARM...
- We Don't Want to Be Blamed for A Bad Outcome...

What About Consent?

Informed Consent Always...

- Even if its Tattooed on their Body...
- YOU MUST ALWAYS ASK ...
- Because Circumstances and Perspectives Change
- If they CANNOT ANSWER you MUST find someone WHO CAN...



What About Capacity?

Always ACE It...If You Can...

Aid to Capacity Evaluation (ACE) Provides a Structured Interview to Elicit Main Facets to Capacity

- Understands the Issue
- Understands the Proposed Intervention
- Understands Alternatives to the Proposed Intervention
- Understands the Option of Refusing the Intervention
- Ability to Make Decisions is NOT based on Psych Factors
- Ability to Perceive Consequences of Accepting or Refusing

What About Capacity?

As long As We Are Capable...

We Retain the Right to Make Bad Decisions...

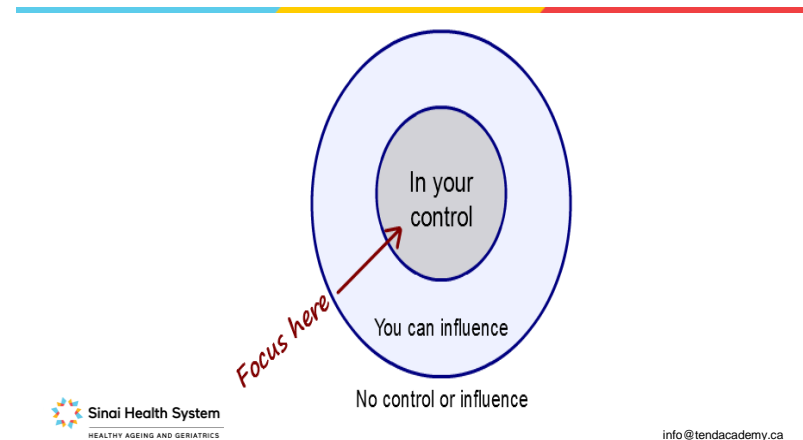
Bad by Whose Standards?



How Can We Support Those Who Live at Risk?

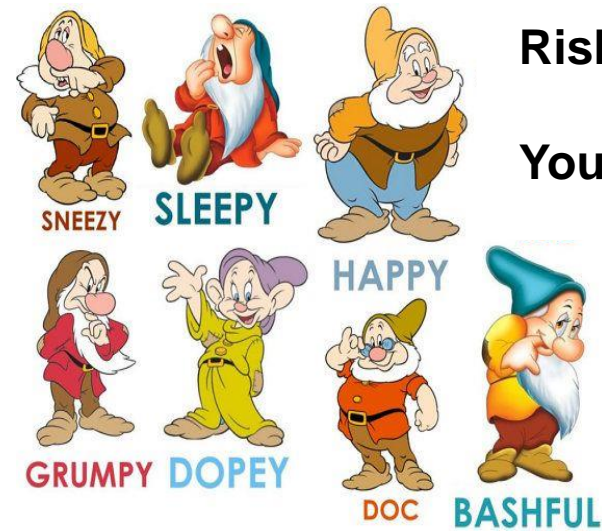
- **Seek to Understand Their Perspective and Try Not to Judge...**
- **Ensure they Remain As Informed and Supported as Possible.**
- **Accept that They May Likely Fail...**
- **And Be Ready to Catch Them.**

What is Within Your Control?



What is Within Our Control?

- Provide Information; Address Misconceptions
- Provide Appropriate Supports and Services
 - Home Safety Supports – Mobility Devices, Lifelines
 - Medication Supports - Compliance Packs, Medication Reminders
 - Counselling and Navigation – Form Completion Support
 - Social Supports – Friendly Visiting, Exercise Class
- Plan Frequent Check-Ins
- Be Creative and Flexible When Possible...
- Be Ready to Act When Needed.



Risky?

You Bet!

Should Sleepy Be So Sleepy?

- You are asked to see Sleepy who is having increasing issues with Falls, Memory and Fatigue and Increasing Functional Decline...
- The other Dwarfs think he has the “Dwindles”
- His Medications Haven’t Changed in 40 Years. He is Not Sure Why is Getting Increasingly Worse...
 - For Hypertension he is on 4 Anti-Hypertensives...
 - For Sleep He Remains on 2mg of Lorazepam every night along with OTC Sleep Eeze and Gravol.
 - For His Arthritis he Continues to Take 4-6 Percocet’s PRN
 - His Incontinence is being managed with Tolteridine although he is not sure if its ever been helpful.
- He Manages his Pills Himself from their Bottles.
- **What Can We Offer Sleepy?**



Should Grumpy Be So Grumpy?

- You are asked to see Grumpy who is having increasing issues with Falls, Memory and Increasing Difficulties to Age@Home...
- Grumpy is Heavy Drinker who has been self treating his well-documented issues with Depression.
- An OT Completed a MOCA on which he scored 20/30. Grumpy though Feels his Memory is OK and Normal for an Aging Dwarf
- He Constantly Declines the Support Being Offered by Care Coordinators, Snow White and Others...
- While DOC is his POA, he wants to Respect Grumpy’s Desire to Age in Place, but after his recent string of Cooking Fires realizes the Cottage and the Forest are at RISK!
- **How Can We Support Grumpy?**



Should Bashful Be So Bashful?

- You are asked to see Bashful who is having increasing issues with Weight Loss along with his Mild Dementia.
- Bashful is kind and soft spoken, and notes that he is not that hungry and that he now has little money available to buy his favourite foods and keep the electricity running in his cottage.
- With his mild moderate dementia Dopey as his POA for Finances and Care has taken over Bashful's banking and managing his care needs.
- Dopey claims there is too little money available to pay for additional supports and feels he is taking great care of Bashful and that Bashful should be grateful! Bashful says he doesn't want to raise any fuss as Dopey is helping him stay out of a Nursing Home for now.
- **How Can We Support Bashful?**



When We Find Someone Living with Risk...

- **Seek to Understand the Issues and their Possible Solutions. Not All are Solvable.**
- **Help Explain How Things Got Here and Align Treatment Goals with Desired Outcomes.**
- **With Some Folks...Start Low and Go Slow as You Build Trust and Progress...**
- **Caregivers Often Mean to Be Helpful.**

How Can We Support Those Who Live at Risk?

- **Seek to Understand Their Perspective and Try Not to Judge...**
- **Ensure they Remain As Informed and Supported as Possible.**
- **Accept that They May Likely Fail...**
- **And Be Ready to Catch Them.**