Goals

• Identify common misconceptions of the older adult population.
• Identify common psychological disorders that impact this population.
• Be familiar with treatment considerations that impact this population.
• Be aware of treatment that has been shown to be efficacious when treating this population.
What is an Older Adult?
Older Adults

- Most Older Americans Live in Nursing homes- True or False
- Most Older Adults stay engaged and are productive- True or False
- Older adults can learn new life skills later in life- True or False
Older Adults

• Older adults have little interest in being sexually active- True or False

• There is nothing that can be done to reduce an individual’s risk of Alzheimer’s disease. True or False
Attitudes and Beliefs

- How does this impact interactions with older adults?
- Ageism
Psychological Disorders

- Mood Disorders
- Anxiety Disorders
- Substance Use Disorders
Psychological Disorders

- Adjustment difficulties
- Severe Cognitive Impairment
- Sleep Disturbances
Psychological Disorders

- Sexual Dysfunction
- Psychotic Disorders
- Personality Disorders
Suicide Risk in Older Adult Population

• Suicide Rates
• Risk Factors
• Prevention Strategies
Opioid Use in Older Adult Population

- Risks Associated with Older Adult Opioid Use
- Management of Pain
- Treatment
Treatment Considerations

• Cohort diversity in the aging process

• Cultural Considerations

• End of life transition concerns
Generations

• The Greatest Generation/GI Generation: 1910-1924
• The Silent Generation: 1925-1945
• Baby Boomers: 1946-1964
• Generation X: 1965-1977
• Xennials: Crossover Generation 1975-1985 (plus or minus a few years)
• Millenials/Generation Y: 1980-1994
• Gen Z/iGen, Centennials: 1995-2012
Treatment Considerations

- Biological and Health Related Aspects
- Cognitive changes
- Social and physical environment
Treatment Efficacy

• Cognitive Behavioral Therapy

• Behavior Therapy and Modification Strategies

• Problem Solving Therapy
Treatment Efficacy

• Life Review Therapy

• Psychodynamic

• Individual and Group Therapy
Questions/Comments
References

- http://www.who.int/mediacentre/factsheets/fs381/en/