

## Younger Adults in the Residential Care Setting

ELEANOR FELDMAN BARBERA, PHD

WISCONSIN DEPARTMENT OF HEALTH  
FOCUS 2019

---

---

---

---

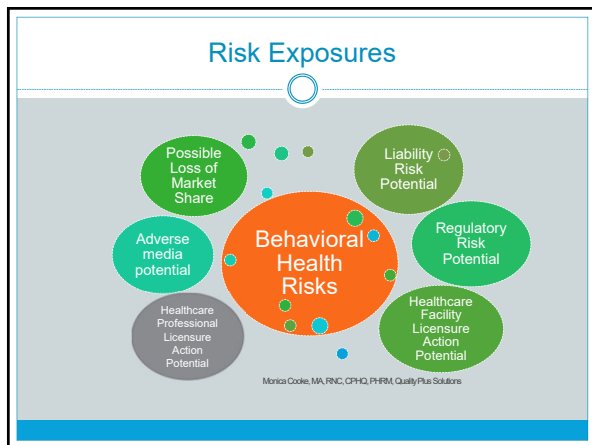
---

---

---

---

1



---

---

---

---

---

---


---

---

2

### Other Risks

- Physical injury to staff, residents, and family members by aggressive residents
- Frightened residents and families who transfer out of communities
- Increased staff turnover



---

---

---

---

---

---


---

---

3

### Types of Younger Residents

- Ill from birth
- Ill from capricious fate
- Ill through lifestyle choices
- Serious mental illness
- Comorbid substance abuse



4

---

---

---

---

---



---

---

---

### Staff Support

- Impact of younger residents on staff
  - Transference/Countertransference
  - Ill from birth, capricious fate, lifestyle, SAMI
- Support and backup on handling situations
  - Splitting
  - Teachable moments
  - Aggressive residents
- System/Teamwork in place to communicate
  - Change of shift report, behavioral rounds
  - Staff retention



5

---

---

---

---

---


---

---

---

### Staff training

- Training on:
  - Mental health basics
  - Working with families
  - Policies and procedures



6

---

---

---

---

---


---

---

---

### Policies and Procedures

- Defense against splitting
- Policies on:
  - Smoking
  - Drinking
  - Acting out/behavior problems
  - Sexual activity
- Goal: Proactive rather than reactive responses



---

---

---

---

---

---


---

---

7

### Engaging Mental Health Professionals

- Psychologists, psychiatrists, social workers
- Frequency of presence
- Communication
- Early referrals
- Critical period
- Psychiatric nurses/aides
- [pltcweb.org](http://pltcweb.org)



**PLTC** Psychologists in Long-Term Care

---

---

---

---

---


---

---

---

8

### Therapeutic Milieu



---

---

---

---

---

---


---

---

9

### Structuring Time

- Day: Productive engagement
- Evening: Winding down for the day
- Night: Sleep hygiene



10

---

---

---

---

---

---

---

---

### Successful Therapeutic Recreation

- Create positive connections among residents
- Emphasize strengths and skills
- Address problems (such as substance abuse)
- Pro-social



11

---

---

---

---

---

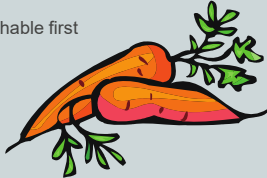
---

---

---

### Troubleshooting

- “Negative” group of adults in residence
  - Enlist help of social worker and/or psychologist
  - Use both carrot and stick approaches
  - Find out what they want
  - Appeal to the most approachable first



12

---

---

---

---

---


---

---

---

### Goals/Summary

- Acknowledge challenges of younger residents
- Train staff on mental health basics
- Policies and procedures in place
- United team with good communication
- Refer early before problems arise
- Engage in positive activities



13

---

---

---

---

---

---

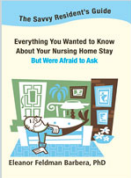
---

---

### Eleanor Feldman Barbera, PhD

McKnight's LTC News: "The World According to Dr. EI"  
efeldmanbarbera@gmail.com  
Twitter: @DrEI

Available on Amazon:  
FREE Kindle version  
11/21 & 11/22



14

---

---

---

---

---

---

---

---