

# How to ask the What Ifs and Resources

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# Objectives

- Offer some tips or approaches with that “conversation”
- Provide information on some quality resources in our community to offer help and hope
- Underscore the need for an interdisciplinary approach from the community based and medical providers

# Reference materials

- A Clinician's Handbook Talking with Your Older Patient, - National Institute on Aging, National Institutes of Health #08-7105

# Chapter 7

## Breaking the Bad News

- It isn't easy: everyone handles bad news differently-shock, sorrow, anger, denial, disbelief
- The Education in Palliative and End of Life Project (EPEC) [www.epec.net](http://www.epec.net)

# Steps

- Prepare yourself-think about what you want to say and make sure you have all the information you need
- Be sure there is enough time- the end of the day?
- Find out what the person knows about the condition
- Find out what the person wants to know

- Be as straight forward as possible
- Be positive but don't minimize the seriousness of dx... "I feel bad to have to tell you"
- Have materials available i.e. SMAA brochure, Senior News, Savvy schedule, Caring for a Person with Alzheimer's Disease.
- Embed a social worker in your practice-  
Intermed did!!!

- Provide reassurance that you and others will help
- Have an informational packet of helpful materials
- Establish a plan- arrange another visit/appointment so you both stay connected through this journey
- Link to Community Links-  
[www.mainecommunitylinks.org](http://www.mainecommunitylinks.org)

- In follow up visits assess the emotional state of the patient and family to see if other interventions are needed
- Refer to the AAA and other community based programs like the Alzheimer's Association



# Why the AAA as a Resource?

- Each has a Family Caregiver Program
- Each has well trained social worker staff
- Up to date options like Putting the Puzzle Together, Savvy I and II, one on one guidance, resource materials

- Adult Day Services to provide respite, fun, and purposeful activities
- Person Centered Approach
- Future Biddeford site
- Future Falmouth site

# Interdisciplinary Approaches

- There is work for everyone
- Each discipline brings something very special to the table
- Learning takes place in a nurturing environment
- This approach sees clients and families as “whole” beings
- Thank you