Objectives

- Define autonomy, independence, self-efficacy
- Discuss diminished capacity
- Describe supported decision-making

Why I Care (so much)
First, Do No Harm

Do Good
NOT SAME AS PATERNALISM

Respect Autonomy
EVEN IN FACE OF DIMINISHED CAPACITY
Advocate
FOR SOCIAL JUSTICE

Why it Matters (Now)
1 in 10

Guardianship requests

Eleanor

“I don’t want to lose my independence”
Independence

I can do it myself
Self-sufficiency
Self-reliance

Freedom

Autonomy

CRITICAL CONCEPTS

Not Independence
It’s My Right!

Autonomy

- To choose
- To self-determination
- To be responsible
  - Dignity of risk
- To fail
- To privacy
The right to be left alone

LEGAL DOCTRINE

“...foolish, unreasonable and even absurd ideas which do not conform...”

JUSTICE BURGER

Conflict → Abandonment
Threats to autonomy

Normative Aging Issues

- **Biological**
  - Sensory changes
  - Loss of reserve
  - Slower recovery
  - Increased medication sensitivity

Normative Aging Issues

- **Cognitive**
  - Sensory impairment
    - Attention
    - Registration
  - ↓ Memory
    - More trials
    - Less efficient recall
Normative Aging Issues

- Psychological
  - Positive
  - Resilient
- Loss
- Developmental tasks
- Goals and values may change

Normative Aging Issues

- Social
  - Change in role
  - Change in connection
  - Less visible
  - Risk of abuse, exploitation

Non-Normative

- Dementia, due to any cause
- Depression
- Substance Use Disorders
- Abuse, neglect, exploitation
Net result

- Live in fear
  - of losing autonomy
  - of reprisal
  - of losing options

- Anxious when decisions challenged
- May minimize deficits
- Defend independence

Necessary
BUT NOT SUFFICIENT

Motivators and Triggers
TO TAKE CONTROL
Fear, Frustration, Filial love

- Safety
  - Falls
  - Protection from exploitation

- Fear of Decline
  - Access to medical care
  - Access to services

Common Triggers

- Treatment refusal
  - Non-adherence

- Abuse, neglect, exploitation

- Lifestyle intolerance

- Hospitalization

Enter: Compassion

EMPATHY PLUS RIGHT ACTION
Empathize, don’t sympathize

- Fear
- Sense of loss
- Sense of risk
- Love

Support for at risk adults

FINDING BALANCE
ENHANCING SELF EFFICACY
Enhancing Self-Efficacy

Self-efficacy

• “What I do makes a difference”

• “I’m in charge”
  • of my destiny

• “I am responsible”
  • for my actions

Engage Circles of Support

- Family
- Friends
- Professionals
- Peers
- Co-workers
- Others
Identify Health Goals

- “get out of the apartment and back to doing things for myself”

Create control points

- Time you come
- How you spend time

- Present options
  - clearly
  - realistically
  - without personal bias

Start the conversation

- Advance planning
  - Palliation
  - End of life care
  - The Five Questions
Everything you do...
...is an opportunity to enhance or diminish self-efficacy

"Leave me alone!"
WHEN DO WE? WHEN DON'T WE?

Competency v. Capacity

- Competency
  - a legal concept
- Capacity
  - a clinical concept
  - the ability to "do" something
Capacity assessments

- Assist best performance
- More than one examination
- Decision-making “good enough”

Supported Decision-Making

In conclusion

- Lead with compassion not control
- Find the balance
- Unite against abuse
June 15: Take Action

Thank You
FOR BEING HERE
FOR PARTICIPATING
FOR ALL YOU DO

More Questions? Comments?
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#changingaging #Oasis2