

Senior PWP Network

Table Top Discussions 04.06.2019

Summary Feedback on Materials/strategy for adjustments made to treat/engage patients with diverse needs

Key points fed back:

Autistic Spectrum Disorder (ASD)/Asperger's

Challenges

- Co-morbidity of anxiety
- "Safety behaviour" of part of condition
- Information processing – change can be a barrier
- Access to LD/ASD services
- Co-dependency/reliance on carers
- Concentration
- Situational stress

Solutions

- Go with their flow/pace
- Shorten/lengthen session
- Invite carer in at the end to assist with homework
- STR Workers
- Simplistic
- Specialist training
- Local signposting – what is out there

Adaptions

- Larger/shorter material
- Visual aid
- Environment consideration
- Joint working
- Face to face assessment
- Clear contract

Self Help Material

- Same
- Not whole booklets – Northumberland – easier reading
- Reach out – one form/one sheet
- Pictures over rating scale
- "Get Self Help" has simple version of lots of worksheets

BAME

Challenges

- Engagement
- Language
- Interpreters – translations
- Communities – locations
- Words not existing
- Basis
- Clinician/client
- Lack of materials/measures
- Unconscious basis
- Bringing others to appointments
- Governance – national gap/standardisation

Solutions

- Translated materials
- Use less interpreters
- Schools
- Promotion
- More resources in languages
- Ambassador from community
- Locations of promotion
- Working with cultural news
- Family involvement
- Education around cultural beliefs
- Voluntary care sector

Adaptations

- Language/understanding
- Promotion
- Visible
- Materials
- Events
- Familiar face
- Resilience
- Flexible
- Time - double slot
- More sessions

What materials do you use?

- Translated measures
- PHQ screeners
- BPS
- Interpreters
- Glasgow steps
- Pictures
- Get self help – emotions
- Audio
- Five areas – pictures/flyers/leaflets appropriate to culture

Learning Difficulties

Challenges

- Inappropriate referrals from LD services
- Lack of confidence – therapists
- Using MDS
- Lack of understanding regarding emotions
- Risk difficult to assess/manage. Important to consider capacity.
- Not suitable for IAPT but do not meet threshold for LD services
- Increased risk of safeguarding issues
- Carers being present in session
- Time – in session

Solutions

- Extended sessions
- Advice/supervision from external source/CPD

Adaptations

- Materials – easy read, images etc
- Simplify 5 areas to 3 areas
- Extend session time
- Picture focused

Self Help Guides

- Lack of in the area (apart from Hull)

Older Adults

Challenges

- Very under represented group in Mental Health
- Telephone work with older adults is hard
- Subject to a lot of stigma – “good innings” and referrers may not think to refer adults and older adults themselves
- Might not think to access Mental Health services (whole host of reasons)
- Containing discussions is difficult
- There is a lot of loneliness
- Expectations of service e.g. befriending

Solutions

- Establish a befriending service
- “Silver Line” telephone service (set up by Esther Rantzen)
- More time/extending sessions to 45 minutes
- Accessibility of venues
- Age specific examples within self help materials
- Young PWP workforce – confidence both ways
- Should we have a conversation with older adults about what can offer/overcome young age barrier of PWP?

- Targeting referrers assumptions
- Older adult champions
- Transition in older/later life – need to recognise these changes (may be CBT for these people around these changes) e.g. retirement – loss of role and/or death of partner

Adaptations

- Extend sessions to 45 minutes
- See people face to face (not at home)
- Older adult specific group (trailing in Harrogate - using little postcards to promote to older adults)
- Accept the course would be longer and more interactive
- This group has a very high recovering rate ie. 70% in IAPT

What materials do you use?

- “CASPER” training – integrate into what you currently do. Sheffield have had forums and translated the learning
- University of East Anglia (UEA) have produced a “Selection, Optimisation and Compensation (SOC)” Guide for working with older adults
- UEA – values based interventions. Please see the UEA website for more information and guides – <https://www.uea.ac.uk/medicine/departments/psychological-sciences/cognitive-behavioural-therapy-training/iapt-older-peoples-training-and-resources>
- Andy Wright and Heather Stonebank are currently participating in a working group with Age UK looking at how IAPT can be promoted for older adults