

## PROMISING PRACTICES FOR MEETING THE NEEDS OF DUALY ELIGIBLE OLDER ADULTS WITH SCHIZOPHRENIA: RESOURCE GUIDE

This is a supplemental resource guide to the webinar hosted on November 6, 2018, *Promising Practices for Meeting the Needs of Dually Eligible Older Adults with Schizophrenia*. Older adults who are dually eligible for Medicare and Medicaid have higher rates of schizophrenia and other psychotic disorders than older adults with Medicare only.<sup>1</sup> In addition, older adults with schizophrenia are more likely to have co-occurring chronic physical health conditions, such as obesity, diabetes, and hyperlipidemia, compared to younger adults with schizophrenia.<sup>2</sup> Caring for older adults with schizophrenia requires special attention to how needs and treatments may change over time, as well as consideration of the impact of chronic physical health conditions, cognitive impairments, and changes to vision and hearing.<sup>3</sup> A number of resources for providers and health plans to support the needs of dually eligible older adults with schizophrenia are included below. Please note that some of the resources listed below may have an associated cost.

The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website: [https://resourcesforintegratedcare.com/GeriatricCompetentCare/2018\\_GCC\\_Webinar\\_Series/Older\\_Adults\\_Schizophrenia](https://resourcesforintegratedcare.com/GeriatricCompetentCare/2018_GCC_Webinar_Series/Older_Adults_Schizophrenia).

### ASSESSMENTS & SCREENINGS

*Current Psychiatry's Schizophrenia in older adults: How to adjust treatment to address aging patients' changing symptoms, comorbidities* provides a number of useful tips when treating older adults with schizophrenia. The article also includes an assessment checklist tailored for providers treating older adults with schizophrenia. This checklist outlines the core considerations that should be addressed during the assessment (history, examination, laboratory tests, neuroimaging, and specialty referrals), as well as specific needs and conditions that are common among older adults with schizophrenia.

[https://www.mdedge.com/sites/default/files/Document/September-2017/0909CP\\_Article2.pdf](https://www.mdedge.com/sites/default/files/Document/September-2017/0909CP_Article2.pdf)

The **Checklist for features of and risk factors for the metabolic syndrome**, developed by a multi-disciplinary team at the Mater Misericordiae University Hospital Psychiatry Outpatient Clinic, is a single-page checklist designed to help identify and address the risk factors for metabolic syndrome. Older adults with schizophrenia are more likely to have metabolic syndrome (i.e., a cluster of metabolic disorders, such as high blood pressure and high blood sugar) than younger adults or those without schizophrenia. By using this checklist, providers can identify high-risk older adults, help them address their modifiable risk factors, and help prevent and treat metabolic syndrome among this population.

[http://www.academia.edu/26287527/Screening\\_for\\_metabolic\\_syndrome\\_in\\_long-term\\_psychiatric\\_illness\\_Audit\\_of\\_patients\\_receiving\\_depot\\_antipsychotic\\_medication\\_at\\_a\\_psychiatry\\_clinic](http://www.academia.edu/26287527/Screening_for_metabolic_syndrome_in_long-term_psychiatric_illness_Audit_of_patients_receiving_depot_antipsychotic_medication_at_a_psychiatry_clinic) (See **Appendix 1** for the checklist)

<sup>1</sup> Medicaid and CHIP Payment and Access Commission. (2015). Chapter 4: Behavioral Health in the Medicaid Program – People, Use, and Expenditures.

<sup>2</sup> Desai, A. K. (2010). Schizophrenia in older adults. *Current Psychiatry*, 9(9), 23-A.

<sup>3</sup> Ibid.

## SKILLS TRAININGS

The **Social Skills Training for Schizophrenia** manual contains ready-made curricula for conducting group training with individuals with schizophrenia in various settings. It includes a step-by-step guide for how therapists and counselors may assess individuals' existing social skills, teach new skills, and manage common challenges. Each skill sheet explains rationales for the skill, breaks each down into a series of smaller steps, suggests role-play scenarios, and highlights special considerations.

<https://www.guilford.com/books/Social-Skills-Training-for-Schizophrenia/Bellack-Mueser-Gingerich-Agresta/9781572308466/summary>

The **Cognitive Behavioral Social Skills Training (CBSST) for Schizophrenia** treatment guide describes an empirically supported approach to help individuals with schizophrenia achieve recovery goals related to living, learning, working, and socializing. This bundled, 36-week intervention combines cognitive behavioral therapy and social skills training and can be delivered in individual or group contexts. The guide includes provider scripts, teaching tools, and engaging exercises and activities.

<https://www.guilford.com/books/Cognitive-Behavioral-Social-Skills-Training-for-Schizophrenia/Granholm-McQuaid-Holden/9781462524716/reviews>

This article on **Functional Adaptation Skills Training (FAST)** from the *American Journal for Geriatric Psychiatry* evaluates the effectiveness of this psychosocial intervention to improve everyday living skills of middle-aged and older adults with chronic psychotic disorders. FAST focuses on improving six areas of everyday functioning: medication management, social skills, communication skills, organization and planning, transportation, and financial management.

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.608.1382&rep=rep1&type=pdf>

## RESOURCES FOR CAREGIVERS

MyHealios provides **Resilience Coaching** for caregivers of individuals with schizophrenia. Sessions are comprised of the following stages: assessment, education, connecting the dots, and questions and feedback. This approach helps prepare the caregiver on how to address challenges related to communication, behavioral issues, and engagement with treatment.

<https://myhealios.com/how-we-help/schizophrenia/>

**Resources for Integrated Care** provides resources for family caregivers of older adults such as a webinar on how managed long-term services and supports can help family caregivers, a webinar on involving and supporting family caregivers in care planning and delivery, and a geriatric services capacity assessment on caregiving.

[https://www.resourcesforintegratedcare.com/concepts/geriatric-competent-care/family\\_caregiving](https://www.resourcesforintegratedcare.com/concepts/geriatric-competent-care/family_caregiving)

## OTHER RESOURCES

The Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Integrated Health Solutions provides resources on **motivational interviewing (MI)**, a clinical approach that helps individuals with mental health disorders make positive behavioral changes to support better health. These resources include publications, intervention guides, MI reminder cards, and more.

<https://www.integration.samhsa.gov/clinical-practice/motivational-interviewing>

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*The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to help beneficiaries dually eligible for Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This resource guide is intended to support health plans and providers in integrating and coordinating care for dually eligible beneficiaries. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to <https://www.resourcesforintegratedcare.com/>.*