

# MENTAL WELLNESS: WHAT IS IT — HOW TO FIND IT



Senior Expo - Virtual Event  
Saturday, August 7, 2021

# PRESENTED BY

## **Colleen Ceh Becvar**

Gerontologist, Owner  
Trinity Advocacy Group



## **Patty Johnstone**

Director of Resource & Support Services  
NAMI DuPage





WHAT IS “MENTAL WELLNESS”

---





## MENTAL WELLNESS - DEFINED

Focus is on:

- Mental or cognitive functioning
- Emotions
- Social relationships
- Ability to function in daily life
- Spiritual, religious, or existential state

# MENTAL WELLNESS — REFINED

**Mental** — how you:

- think,
- process,
- understand, and
- use information.



# MENTAL WELLNESS — REFINED

**Emotional** — how you:

- feel,
- manage,
- express, and
- understand emotions.



# MENTAL WELLNESS — REFINED

**Psychological** — how you:

- act,
- function,
- interpret your world
- and make decisions.



# MENTAL DISTRESS & RISKY BEHAVIORS





## SIGNS OF MENTAL DISTRESS

- ❖ Defiance of authority, theft
- ❖ Delusions
- ❖ Excessive fears, worries
- ❖ Feelings of extreme highs and lows
- ❖ Inability to cope with daily issues
- ❖ Numerous unexplained physical ailments, "psychosomatic" symptoms

# SIGNS OF MENTAL DISTRESS

- ❖ Persistent changes in eating or sleeping habits
- ❖ Strong feelings of anger
- ❖ Social isolation
- ❖ Substance use
- ❖ Suicidal thoughts
- ❖ Visual (seeing) or auditory (hearing) hallucinations

# SIGNS OF RISKY BEHAVIOR

- Solitary or secretive drinking
- A ritual of drinking before, with, or after dinner.
- A loss of interest in hobbies or pleasurable activities.
- Drinking despite warning labels on prescription drugs.
- Immediate and frequent use of tranquilizers.





## MORE SIGNS OF RISKY BEHAVIOR

- ❑ Slurred speech, empty liquor and beer bottles, smell of alcohol on breath, change in personal appearance.
- ❑ Chronic and unsupported health complaints.
- ❑ Hostility or depression.
- ❑ Memory loss and confusion.



# INFORMAL SUPPORT



# FORMAL SUPPORT



# ASKING FOR HELP

- ❖ **Word of Mouth**
- ❖ **Insurance Resources**
- ❖ **Not sure where to begin?**



# WHAT IS AN AGING LIFE CARE PROFESSIONAL®?



**Typically, social workers, nurses, gerontologists or other health /mental health professionals**



**Knowledgeable: specialized training, experience in the field, familiar with community resources**



**Follows a strict Code of Ethics & Standards of Practice**



**Hourly fee: \$100-250/hour**

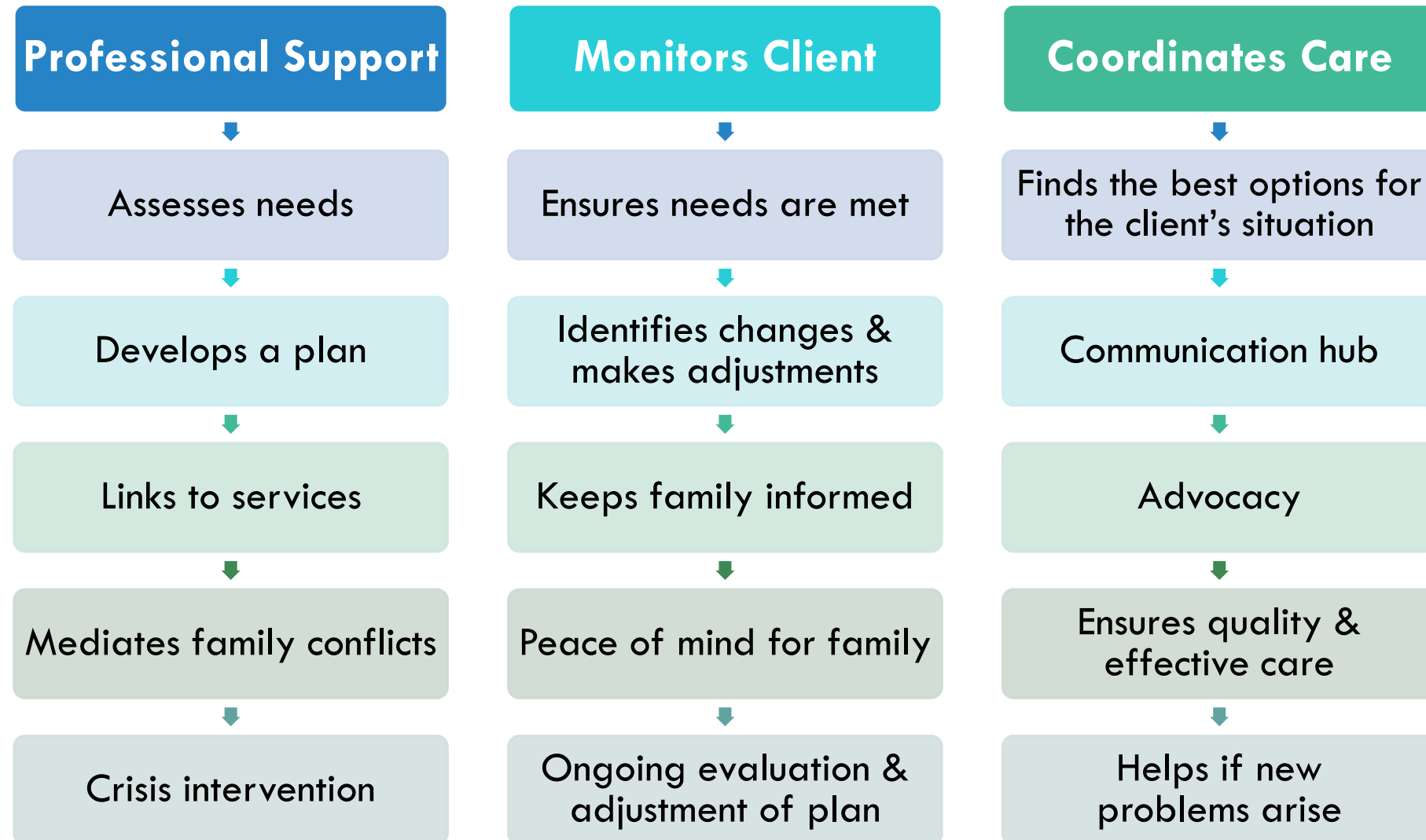


## WHAT DOES AN AGING LIFE CARE PROFESSIONAL DO?

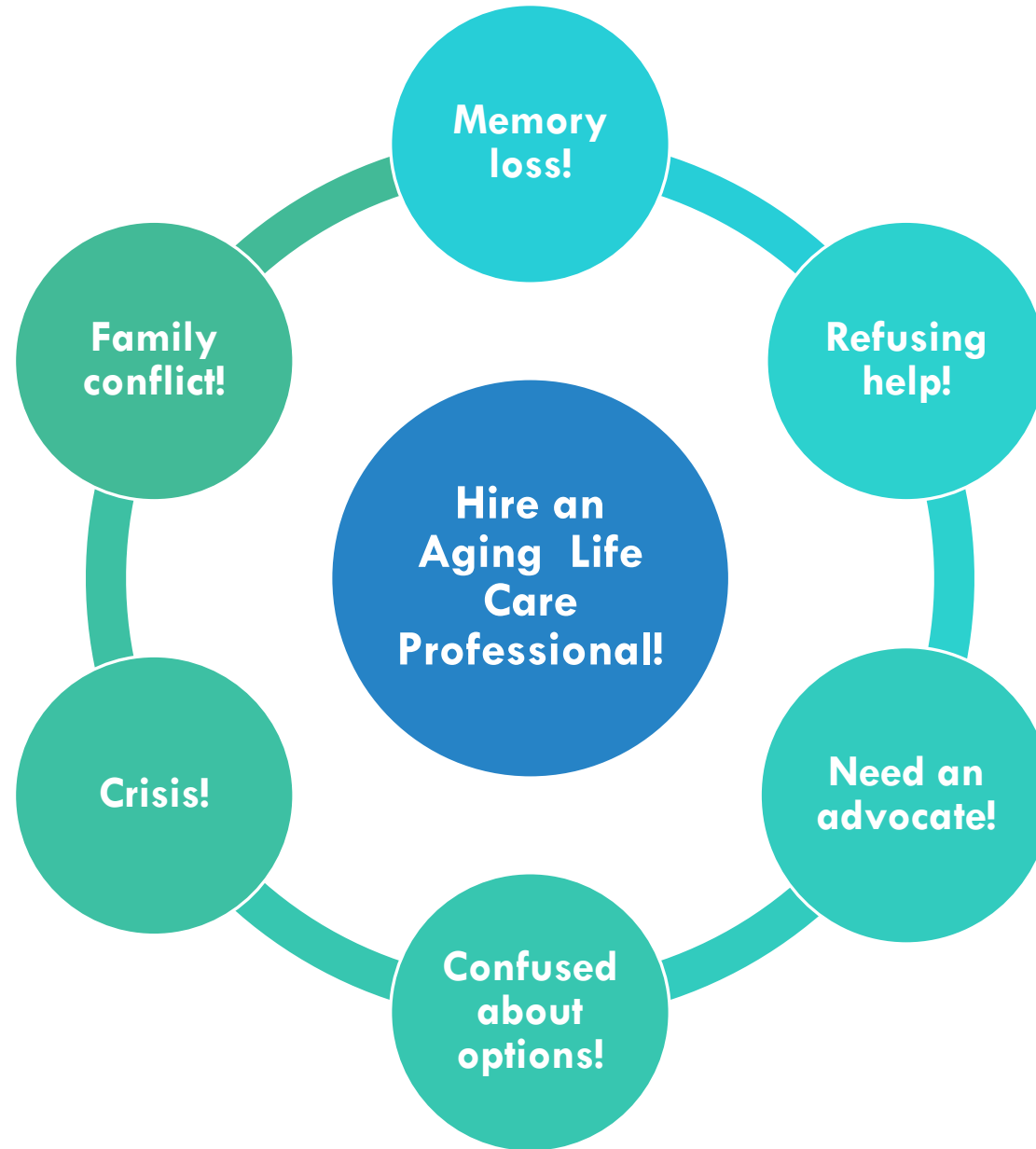


**Provides peace of mind &  
Improves quality of life!**

# HOW AN AGING LIFE CARE PROFESSIONAL HELPS



# NEED HELP?



# ***"I'M WORRIED ABOUT MY MOM!"***

*Mom is in her 80s,  
widowed & lives alone*

**Memory is failing –  
forgets medications,  
losing weight**

**Wants to remain in  
her own home as  
long as possible!**

*Daughter lives far  
away & is worried!*

**Neighbor calls  
daughter to express  
concerns**

**Daughter calls mom  
and she says she is  
"fine"!**

**Daughter has a  
sinking feeling  
something is wrong!**

*Aging Life Care  
Professional helps!*

**Evaluates the  
situation.**

**Maximize  
independence**

**Mom remains at  
home, happy & safe!**

**Daughter is relieved!**

**Ongoing monitoring  
& assistance**



# ***“I DON’T HAVE ANYONE ANYMORE!”***

Retired nurse is now widowed. She has no children and feels alone in the world!

***“I’m all alone and worry about what will happen to me if no one is there advocating on my behalf.”***

Aging Life Care Professional helps!

## **Consultation**

**Coordinates help with professional advisors & needed services**

**Accompany to doctor appointments to be a “second set of ears”**

**Ongoing monitoring, assistance & advocacy**

**Ensures client wishes are followed**

# ***“DAD’S MEMORY ISN’T WHAT IT USED TO BE!”***

*My father is stubborn and it’s gotten worse since his memory began failing.*

*Refuses to quit driving despite getting lost in familiar places*

*Dad refuses to see a doctor*

*Bills are piled up, taxes are not paid, utilities about to be shut off*

*Aging Life Care Professional helps!*

**Meeting with family – provides education & support**

**Evaluates dad & makes recommendations**

**Works with dad & family to make agreed upon changes**

**Recommendations for a doctor & CPA are accepted**

**Moves to assisted living & stops driving**

**Aging Life Care Professional continues to help**

ALCA  
8  
knowledge  
areas



# WHEN TO REFER TO AN AGING LIFE CARE PROFESSIONAL



**Dementia &  
Memory Loss**

**Mental Illness &  
Substance Abuse**



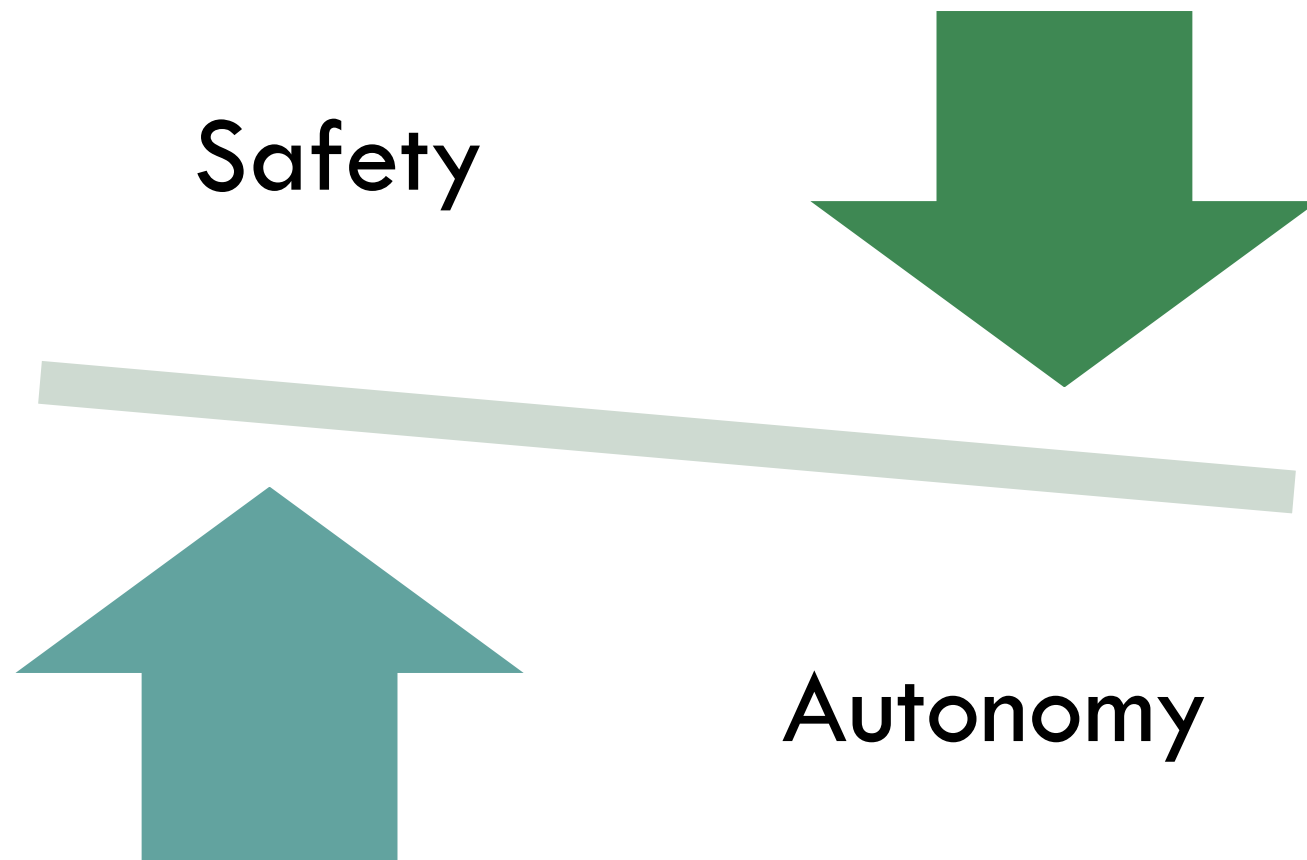
**Conflicted families  
or sabotaging  
friends / neighbors**

**Refusing obviously  
needed help**

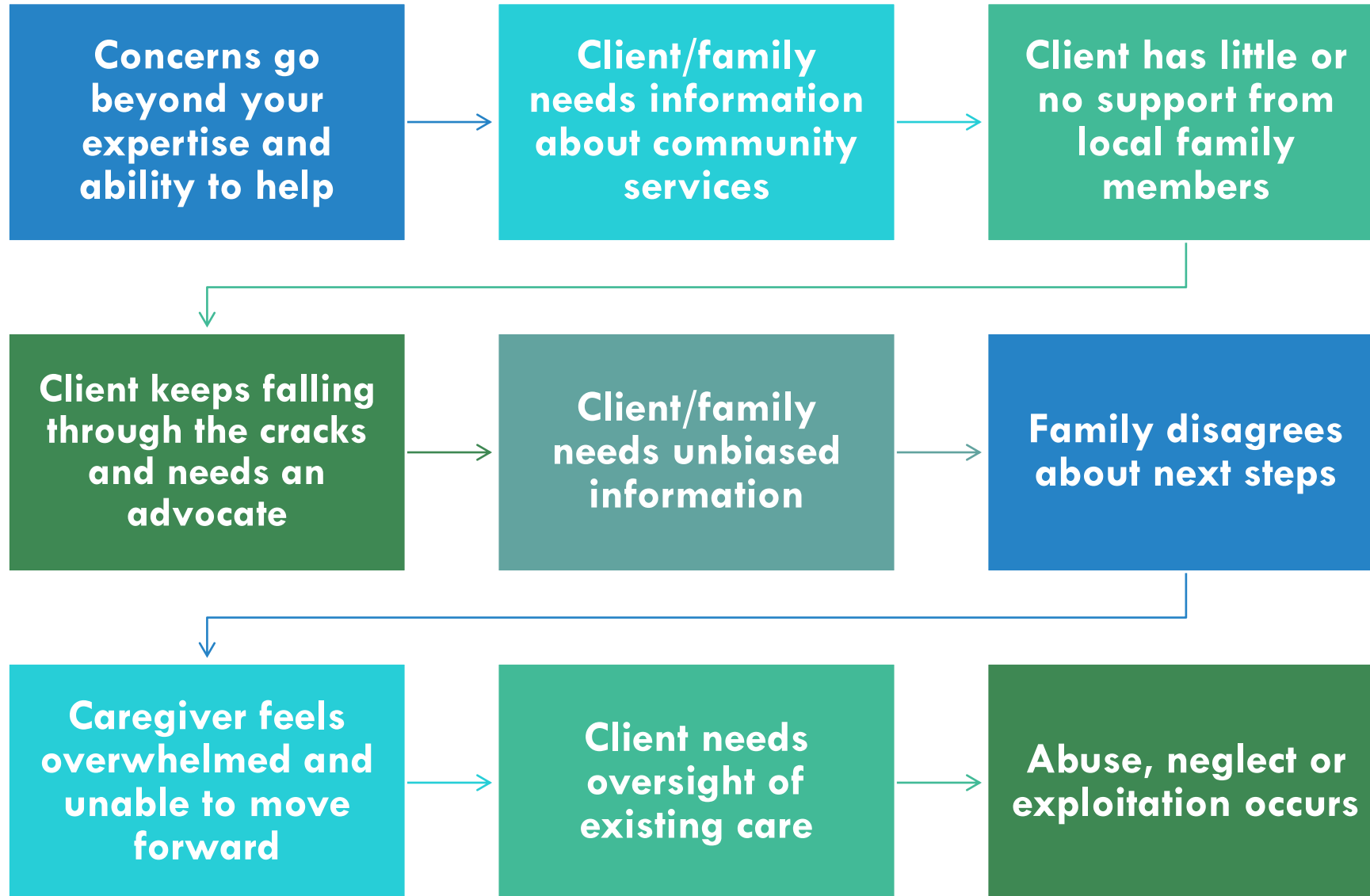




## WHEN TO REFER TO AN AGING LIFE CARE PROFESSIONAL



# WHEN TO REFER TO AN AGING LIFE CARE PROFESSIONAL



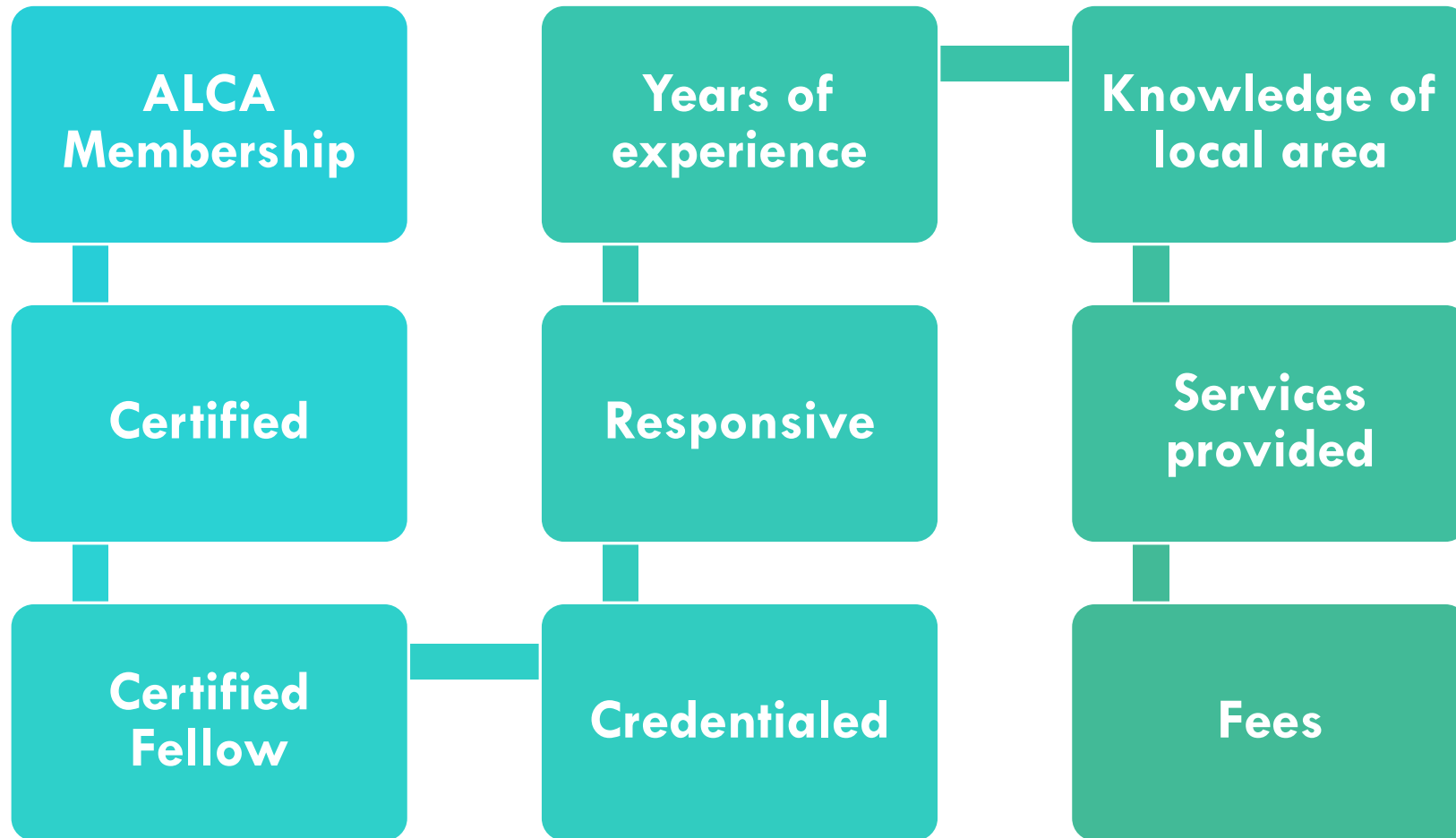


**AGING** **(i)fe** **CARE**<sup>®</sup>  
A S S O C I A T I O N

*The experts in aging well.*

[aginglifecare.org](https://aginglifecare.org)

# CHOOSING AN AGING LIFE CARE PROFESSIONAL



ATTORNEYS — NOT ALL CREATED EQUAL





# FINANCIAL CAREGIVER?



# SUPPORT GROUPS — DISEASE SPECIFIC



# DISEASE-SPECIFIC ASSOCIATIONS

- ❖ Alzheimer's Association
- ❖ Lewy Body Association
- ❖ Parkinson's Disease
- ❖ American Heart Association
- ❖ Traumatic Brain Injury
- ❖ Diabetic Foundation
- ❖ There is an association for nearly every diagnosis – find yours!





Resource line: (630) 752-0066



Services & Support ▼

# Services & Support

**Patty Johnstone**  
**Director of Resource and Support Services**  
**[p.johnstone@namidupage.org](mailto:p.johnstone@namidupage.org)**  
**x 205**





## Colleen Ceh Becvar, Gerontologist, Owner

### Experienced Team

**Certified** Care Managers - Nat'l Academy of Certified Care Managers;  
High **ethical** standards, Nat'l Guardianship Association & Aging Life Care Association;

**Certified** Elder Mediator from Northwestern University, Chicago;

331-901-5945

[www.TrinityAdvocacyGroup.com](http://www.TrinityAdvocacyGroup.com)

Colleen@TrinityAdvocacyGroup.com

**THANK YOU!**

A decorative graphic consisting of approximately 15 circles of various sizes and colors (teal, blue, green, and grey) arranged in a loose, circular pattern around the central text.

**Questions?**