

PATIENT CENTRED CARE

(ACROSS THE AGE RANGE)

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‘Every man desires to live long
but no man would be old’

Jonathan Swift

Thoughts on Various
Subjects 1727

- Rationing and discrimination

- Attitude of others

 - family

 - patient

- Accessible
- Patient centred
- Lack of knowledge
- Resource constraints

DISCRIMINATION AT ALL
LEVELS

40% of GP contacts are for
people over 65 years

No evidence that older people who are able to access psychotherapeutic help do less well than younger

Equal does not mean same

Equal: fair

equitable

impartial

Same: identical

- more emphasis on rationale of treatment at the beginning
- selection of realistic concrete goals
reinforcement strategies and repetition
- attention to common themes of ageing
- incorporating life review
- time
gradually terminate work
- transference / counter-transference
- life experience of the therapist
- developmental task in later life

- mourning – liberation
- adaptation to biological reality
- dementia
- physical health and disabilities. Body-mind relationship
- death

chronological age is not a good indication of how much adaption is needed

- may need change to respond to the strengths of older adults

TRAINING

- practical competencies in the technique
- understanding of relationships
- psychological treatments
- experience with older patients
- adaptations
- understanding dependency
- understanding ageism: society, services, self and the patient

Justice

Equity

Respect

