

Advocacy and the Adult Home Resident

Module I Who's Who

Goals

Increase confidence

Increase comfort

Advocate effectively

Objectives

- Describe situations in adult homes
 - How they are similar
 - How they differ

- Identify resources
 - Individual
 - Systems



- Mind/body split is invalid
- Mental health is as important as physical health
- Physical health effects mental health and vice versa

Underlying assumptions

- Just because a person has a mental illness, it doesn't mean it's responsible for everything
- People with mental illness
 - Have good days
 - Have bad days
 - Just like you and me.....

Adult home setting

Stigma

Demoralized residents

- Demoralized minimum-wage aides
- Angry communities

Why does stigma still exist?

◆Media

 Newspapers stress history of mental illness in crimes of violence

Television sensationalizes crimes

Comedians use disabilities for humor



- People
- People with stories
 - Successes
 - Trauma
 - Incarceration
 - Losses

People with mental illness

- People who are marginalized
- People who are stigmatized

Ombudsman role

To hear individuals

To see individuals

To talk with individuals

To support recovery

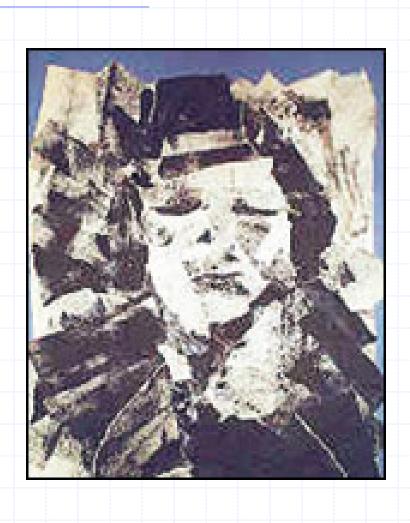
What's different?

What's not?

- **♦**Stigma
 - Mental illness
 - Age
- People
 - Individuality overlooked
 - All behavior seen as mental illness
 - Personal histories lost, forgotten
 - Few, if any, family connections remain



What's different? What's not?



- Life course
 - Lifelong limited social network
 - Late life change in social network

Limited resources to bolster self-esteem

What's different? What's not?

- Advocacy
 - Self
 - +/- Partner

- Involuntary care
 - Commitment
 - Guardianships

Mental illnesses are...

 disorders of thought, feeling and/or behavior which result in an inability to cope with life's ordinary demands and routines

Mental illnesses are NOT

A character weakness

A punishment

An individual's "fault"

A poor upbringing

Major mental illness

- Serious and persistent mental illness
- Schizophrenia
- Delusional disorders
- Major depression
- Bipolar disorder
- Severe personality disorders

Common interventions

- ◆ Treatment
 - Medication
 - Psychotherapy
- Crisis intervention
- Case management
- Rehabilitation

- Enrichment
- Rights protection
- Basic support
- Self-help
- Wellness/prevention

Advocacy

- You
 - Optimism
 - Conviction/Hope
 - Energy
 - Communication skills
 - Knowledge

Advocacy

- Support recovery
 - Know regulations
 - Know entitlements
 - Know treatment plan, players
- Know local resources
 - Community Mental Health Center (CMHC)
 - Designated agency (DA)
 - Self-help community

Let's solve some problems!