

STR pre-discharge protocol “menu” **(Topics to focus on during brief treatment of adjustment to return to community)**

Dealing with re-entry: psychological issues in the return to (what was) ‘normal’

Evaluation: to include cognitive assessment and recommendations, followed by brief treatment protocol

- 1. Loss of independence**
 - a. Reality-check: what a now-changed medical status means
 - b. Why, when and how to accept help from others
 - c. How to implement adjustment and changes to routine activities
 - d. Considering possible changes in the use of ‘standard’ equipment (car, kitchen utensils, etc.)
 - e. Need to consider use of assistive devices (walker, hearing aid, etc.)
 - f. What does “taking risk” mean and to deal with making appropriate “risk-related” decisions
- 2. Loss of health**
 - a. The emotional challenge of dealing with impaired health status
 - b. How to avoid panic, pessimism, fear while maintaining reality-testing
 - c. Issues in dealing with a changed or altered self-image
- 3. Role changes (resulting)**
 - a. Within family (parent, spouse, etc.)
 - b. Consider possible cognitive status interaction with physical changes-family discussion
 - c. Within community (leader, volunteer, member of group/organization, etc.)
 - d. Within occupation (if applicable) or hobbies and personal pursuits
- 4. Financial changes**
 - a. Prioritizing and differentiating needs from wants
 - b. Change of plans for/in retirement
- 5. Relationship changes**
 - a. Change in how others relate and interact (with disability or impairment, handicap)
 - b. Changes in privacy needs-psychological adaptation
- 6. Control issues**
 - a. Financial control and decision making
 - b. Household decisions—maintenance, shopping, repairs, etc.
 - c. Health-related changes—diet, physical activity, etc.
- 7. Personality and behavior**
 - a. The danger of denial and/or overconfidence
 - b. Anger, resentment—towards self, towards others, towards the “situation”
 - c. Fear as a factor limiting activity
 - d. Pessimism and apathy, withdrawal (depression)
 - e. Regression—“giving up”
 - f. “Behavior” changes (yelling, resisting care, demands, lack of courtesy or sensitivity)
- 8. Handling family and friends**
 - a. Understanding the discomfort of those that are uncomfortable with confronting disability
 - b. Helping others help in providing effective and proper assistance
 - c. Helping others understand when to offer assistance and when to refrain from offering
- 9. Personal issues**
 - a. How one’s (medical, family, personal) history impacts one’s feelings and adjustment
 - b. Individuality and personal differences in dealing with medical situations
- 10. Considering the future**
 - a. Psychologically preparing for aging and lowered functioning
 - b. Dealing with emotions and with the need for practical steps and actions