

PsychAGE News

Information and commentary about older adult and carer wellbeing

Issue 7, 12th November, 2018: [Managing Distress in Older People](#)

Apologies for cross-posting but this is to let you know that my article 'Managing Emotional and Psychological Distress in Older People' was published last week in the UK based journal *Working With Older People* which is available online and in print through *Emerald Insight*. The content is mostly new and for a different, more broad, audience than is the case for my book.

Many subscribers of PsychAGE News work in a care home context so this article will be especially relevant for you. The publisher gave me 50 FREE eprints of the article. There are currently just 9 left so if looks interesting to you then I encourage you to download asap.

"Purpose

Much has been written about helping those with dementia. But what about those for whom distress is not primarily related to a neurological cause and there is no psychiatric history? The purpose of this paper is to offer a guide for allied health professionals and family carers to manage distress in older people who are able to engage in language based communication and who are experiencing significant change or loss.

Findings

Three foundational management strategies are discussed: understand the reasons for distress, implement the C.A.R.E. Plan and maximize comfort in exploration and referral."

For the abstract: <https://emeraldinsight.com/doi/full/10.1108/WWOP-09-2018-0017>

For the FREE download link: <https://www.emeraldinsight.com/eprint/REQ6EDRVERWPBRYUBXXB/full>



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