



Assessing and Engaging Frail Seniors with Depression and Active Suicidal Ideation

Chi Chung Benny Wong, MSW, LCSW
On Lok Lifeways

Presentation Outline

1. Quiz game
2. Overview of the senior population with regard to depression and suicide rate in the US
3. Review the screening tools for older adult depression
4. Tips for assessing seniors with depression and suicidal ideation
5. Help seeking behavior for mental health services
6. Group discussion: effective skills to engage frail seniors with depression and suicidal ideation in your treatment plan.

Presentation Outline

- 7. Three important elements for social workers to engage frail seniors with depression and suicidal ideation in your interventions effectively.
- 8. Case discussion: Case management model
- 9. End

Overview senior population regarding depression and suicide rate.

Suicide Rates for Males and Females by Age in the United States (2016)



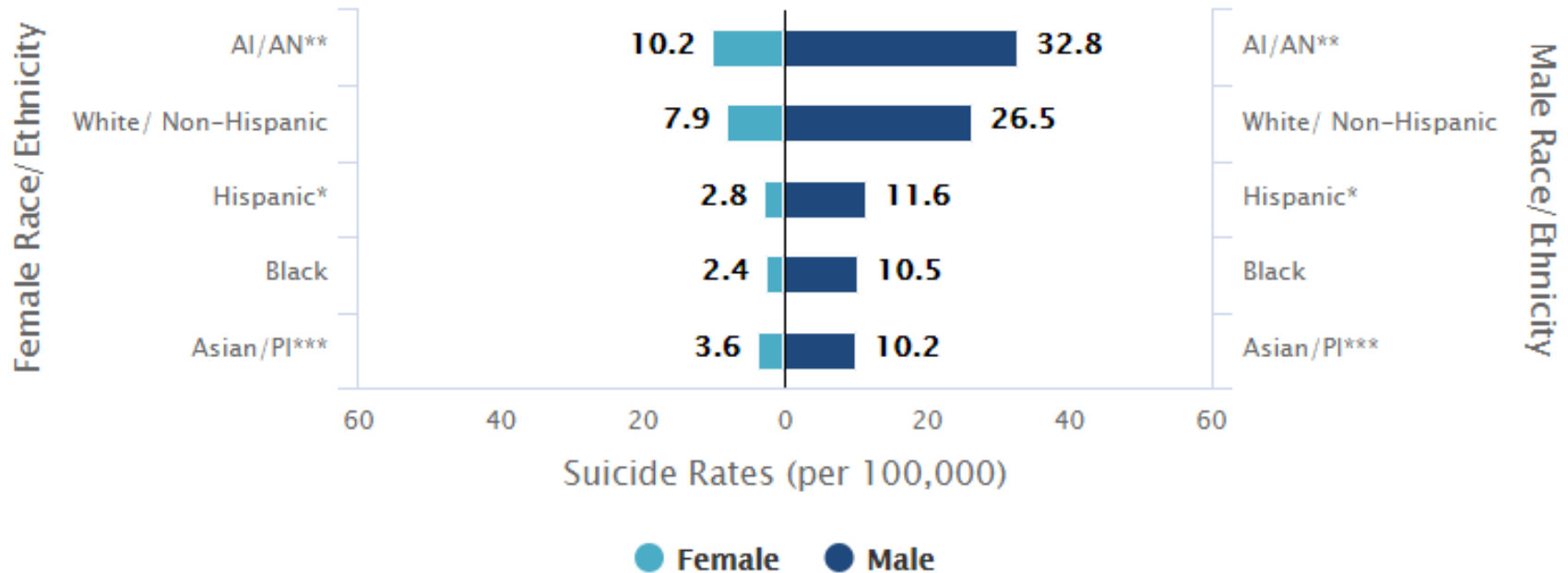
Data Courtesy of CDC



Overview senior population regarding depression and suicide rate.

Suicide Rates for Males and Females by Race/Ethnicity in the United States (2016) 

Data Courtesy of CDC



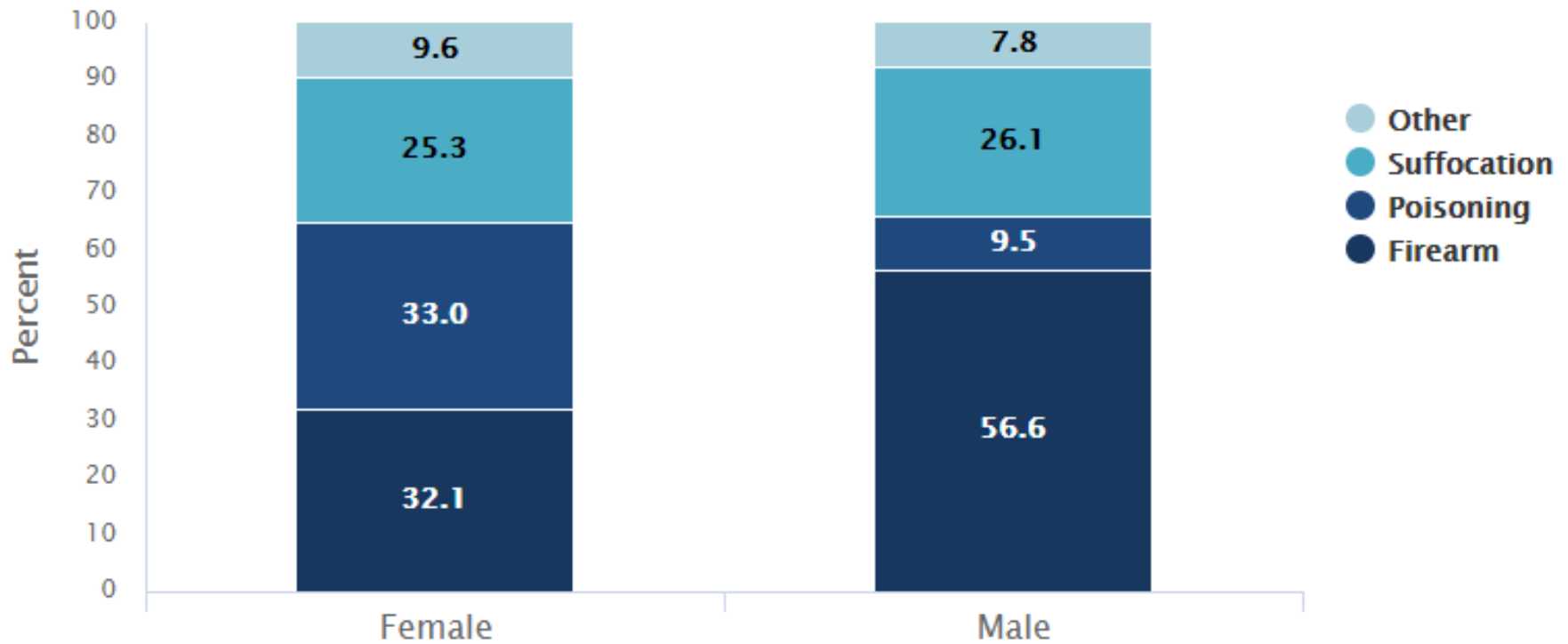
*All other groups are non-Hispanic or Latino / **AI/AN = American Indian / Alaskan Native /
***PI = Pacific Islander

Overview senior population regarding depression and suicide rate.

Suicide Deaths by Method in the United States (2015)



Data Courtesy of CDC

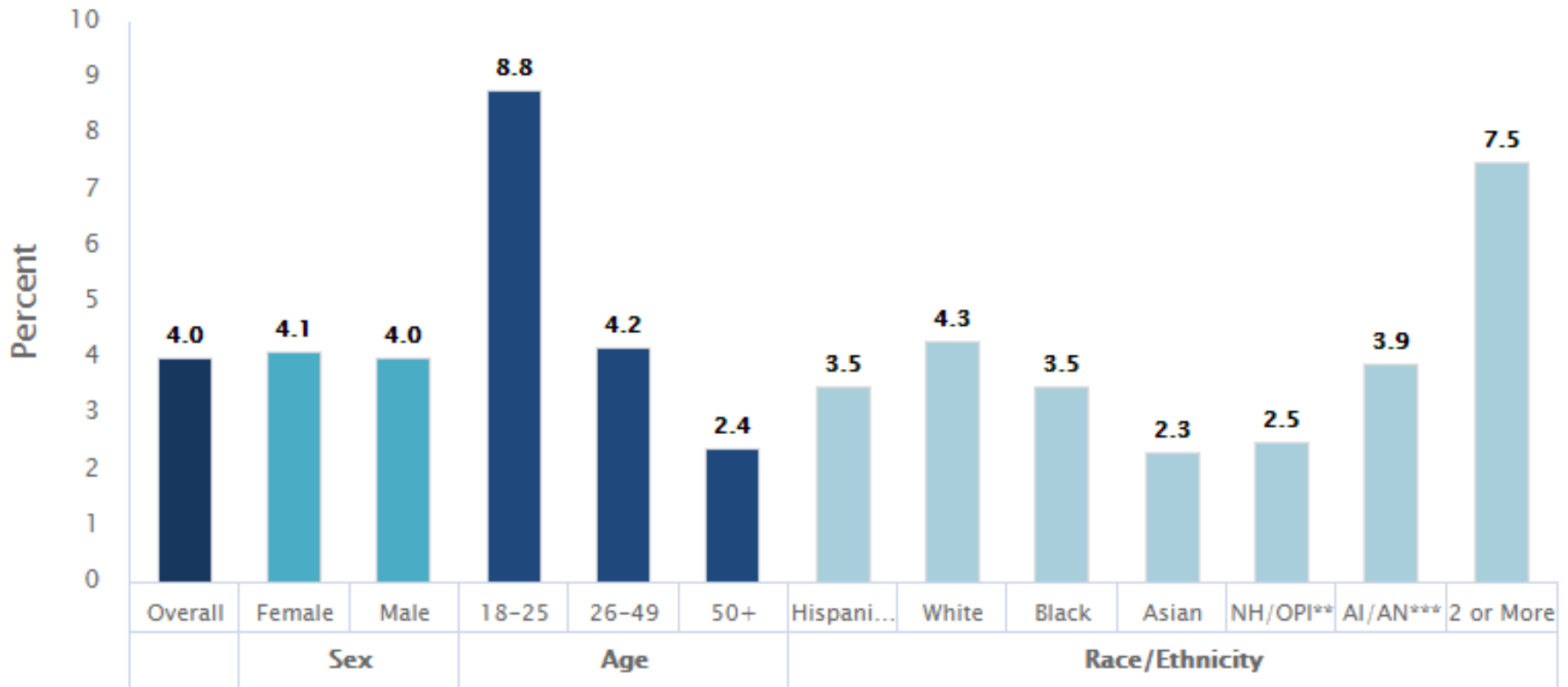


Overview senior population regarding depression and suicide rate.

Past Year Prevalence of Suicidal Thoughts Among U.S. Adults (2016)



Data Courtesy of SAMHSA



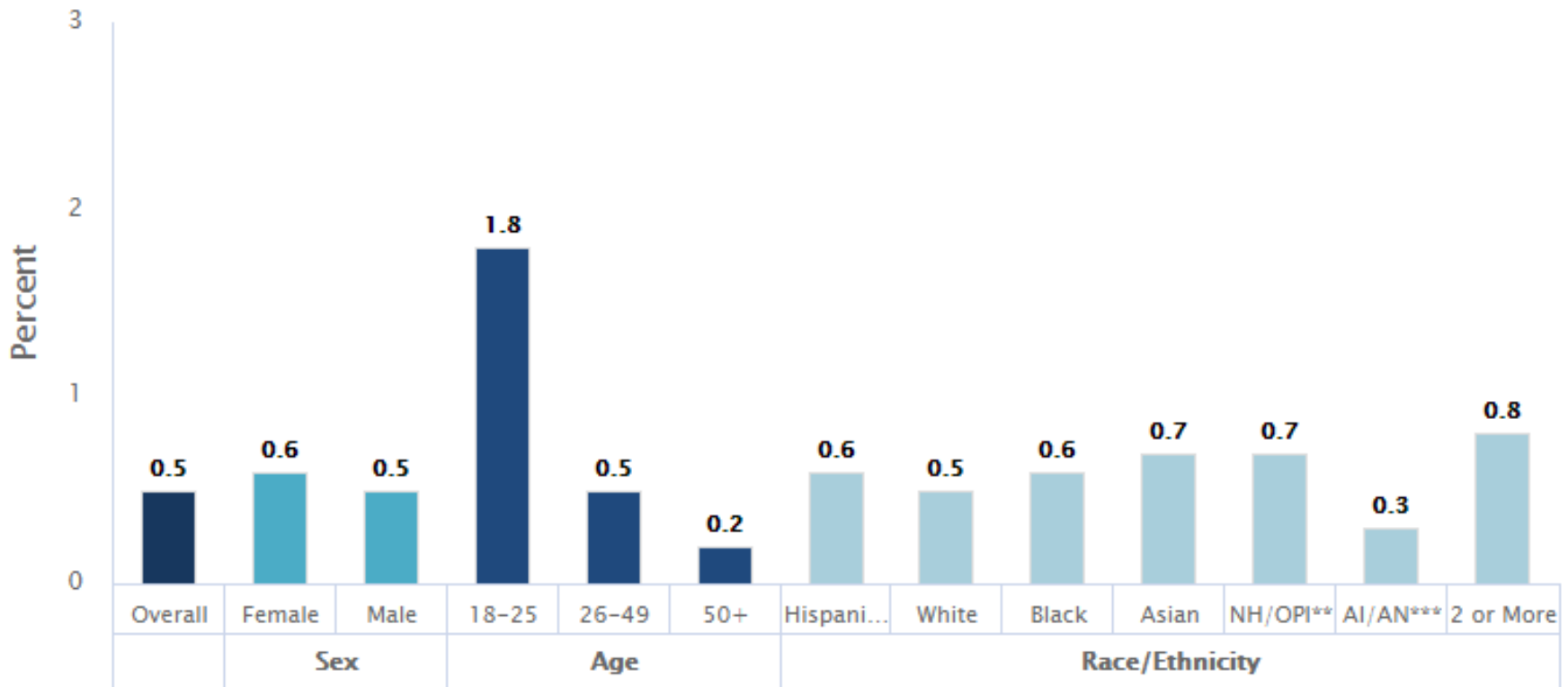
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Overview senior population regarding depression and suicide rate.

Past Year Prevalence of Suicide Attempts Among U.S. Adults (2016)



Data Courtesy of SAMHSA



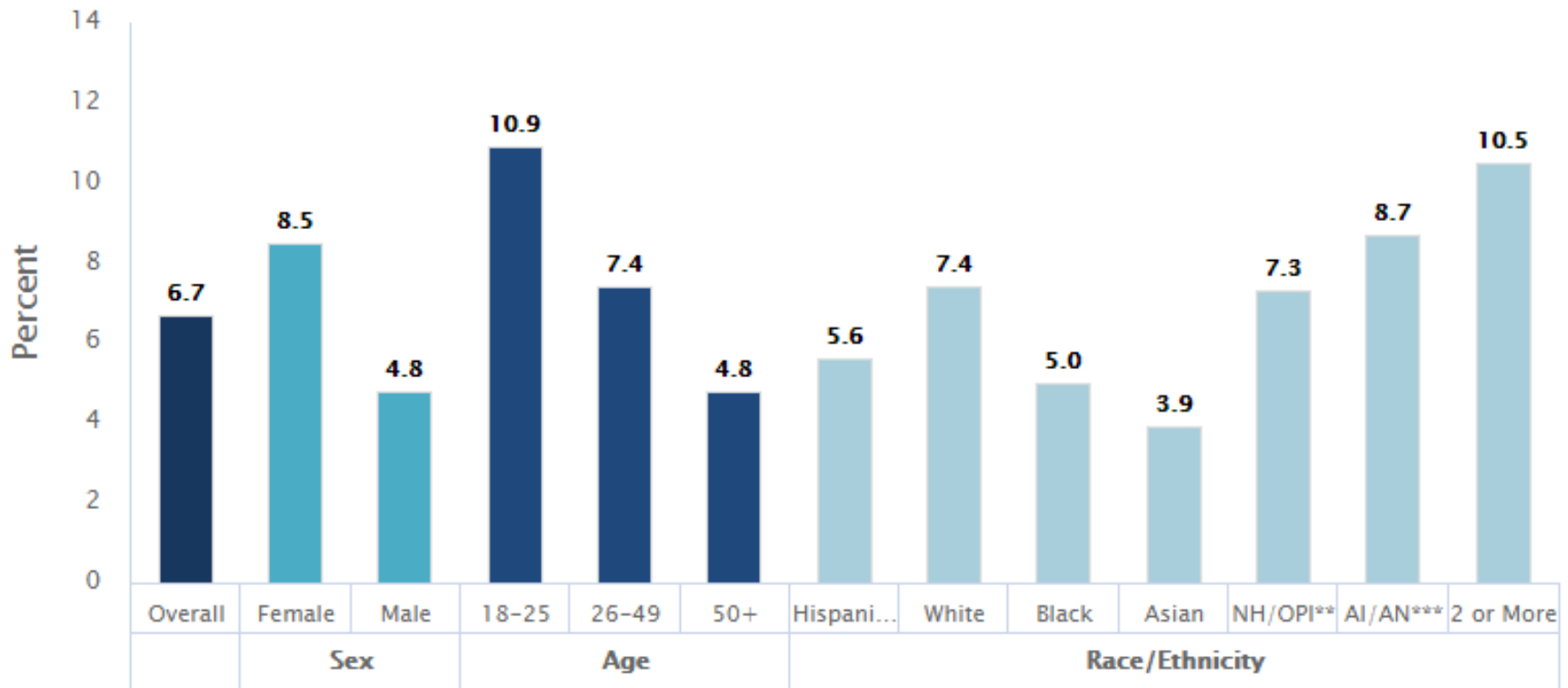
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Overview senior population regarding depression and suicide rate.

Past Year Prevalence of Major Depressive Episode Among U.S. Adults (2016)



Data Courtesy of SAMHSA



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Overview of senior population regarding depression and suicide rate.

- On Lok Lifeways: Data about seniors with depression
 - 1) 414 seniors were diagnosed with depression.
 - 2) 308 are females 106 are males
 - 3) 263 participants are Asian (63%), 71 participants are Latino (17%), 65 are Caucasian (16%), and 15 are African American (4%).

Review screening tools for older adult depression

- 1. Major (ICD-10) Depression Inventory
- 2. Patient Health Questionnaire (PHQ9)
- 3. Geriatric Depression Scale
- 4. Center for Epidemiologic Studies Depression (CES-D)
- 5. Hamilton Depression Rating Scale (HAM-D)
- 6. Zung Self-Rating Depression Scale (SDS)
- 7. Beck Depression Inventory

Tips for assessing seniors with depression and suicidal ideation

- 1. Cultural factors should always be a consideration
- 2. Be sensitive to senior's emotional expression
- 3. Don't be afraid of asking the senior and his or her family any questions related to suicidal thoughts or attempts
- 4. Be aware of the senior's psychosomatic complaints

Tips for assessing seniors with depression and suicidal ideation

- 5. Verify with the senior what it means when he or she tells you a vague statement. e.g. I don't want to live anymore
- 6. Read the senior's psychiatric history
- 7. Explore the senior's coping skills to deal with his or her depressive symptoms and suicidal ideation
- 8. Ask if the symptoms are bothering him or her and how active the suicidal ideation is

Help seeking behavior

- 1. Help seeking behavior among Asians for mental health services
- 2. Help seeking behavior among Latinos for mental health services
- 3. Help seeking behavior among African Americans for mental health services

Three important elements for social workers to engage frail seniors with depression and suicidal ideation in your interventions effectively

- 1. Tailor made services (30%)
- 2. Clinician's personality trait (30%)
- 3. Gaining feedback from your clients (40%)

Case Discussion: From a case management model

- Case scenario: please refer to the provided case scenario
- 1) What kind of case management will you provide to form a good relationship with Tina Wong?
- 2) How will you engage Tina Wong in your interventions effectively?

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- Benny Wong, LCSW
- Bwong@onlook.org