

**LIVING WITH RISK:
DECISION SUPPORT
APPROACH**

INSTRUCTION GUIDE FOR CLINICIANS
WORKING WITH OLDER ADULTS

**PRIMER ON
RISK & SAFETY**

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Centre de recherche sur le vieillissement
Research Centre on Aging

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CIHR IRSC Canadian Institutes of Health Research
Instituts de recherche en santé du Canada

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**What risky
thing have
you done
recently?**

**Why did
you take
this risk?**

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YOUR RISK JOURNEY

CARER: You need to move my mom ASAP she is living at risk!

ME: What is the risk?

CARER: Her house is dirty

CARER: My mom is living at risk. I am POA. When is it neglect on my part?

Desensitized
Client-centeredness
Autonomy



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LIVING WITH RISK

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WHAT WE KNOW

HOME

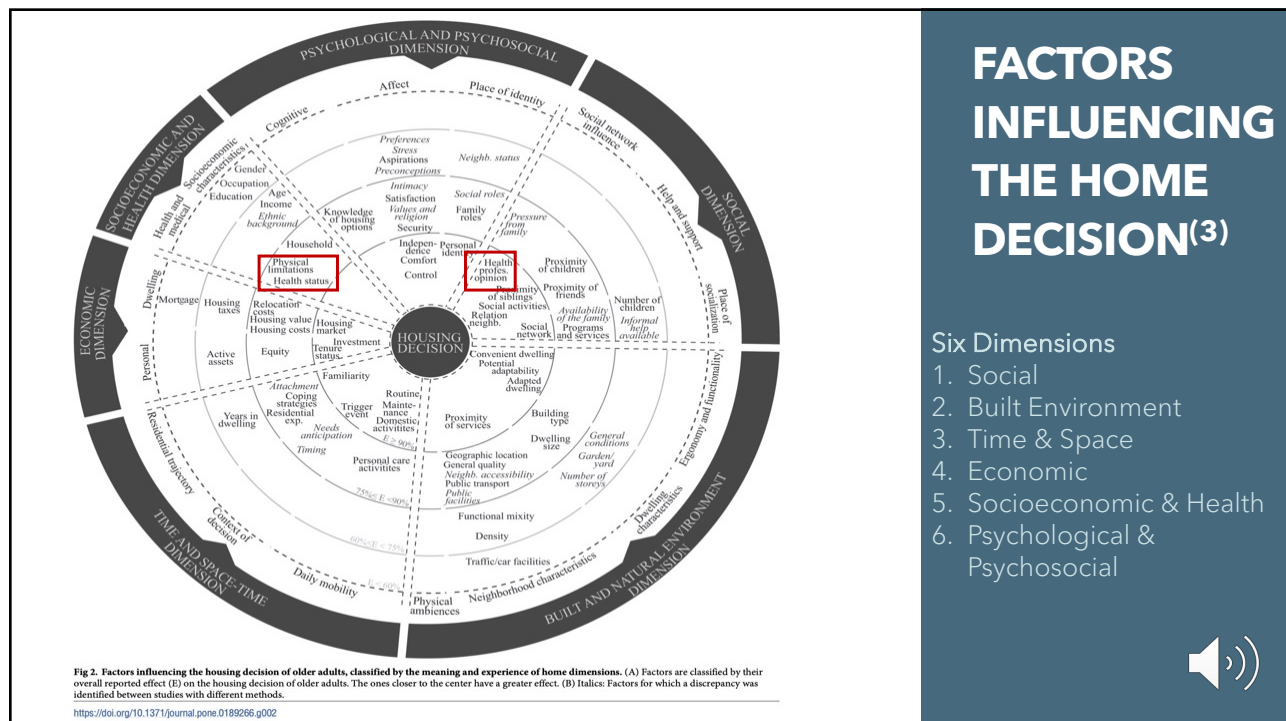
- is where 85% of Canadians over the age of 55 want to remain for as long as possible even if their health changes⁽¹⁾.

HOME

- is also where the majority of older adults want to be discharged to following hospitalization⁽²⁾



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SELF-REPORTED BARRIERS TO AGING IN PLACE⁴

Home Mobility
and Safety

Personal Health

Access to
Community
Services

Home
Improvement
and
Maintenance

General Home
Safety

Bathroom Safety



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WHAT WE HEAR

In-patient
managers

Staff are delaying discharge

Community
managers

Acute care is not discharging
patients home

Patients

Staff spend too much time focusing on
the **risks** and things I **can't** do

Older adults
at home

I want to leave this house feet first...



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WHAT ARE THE RESULTS?

PATIENTS
DON'T GO
HOME

CAREGIVERS
ARE STRESSED

CLINICIANS
HAVE MORAL
DISTRESS

SYSTEM
PATIENT
FLOW IS
AFFECTED



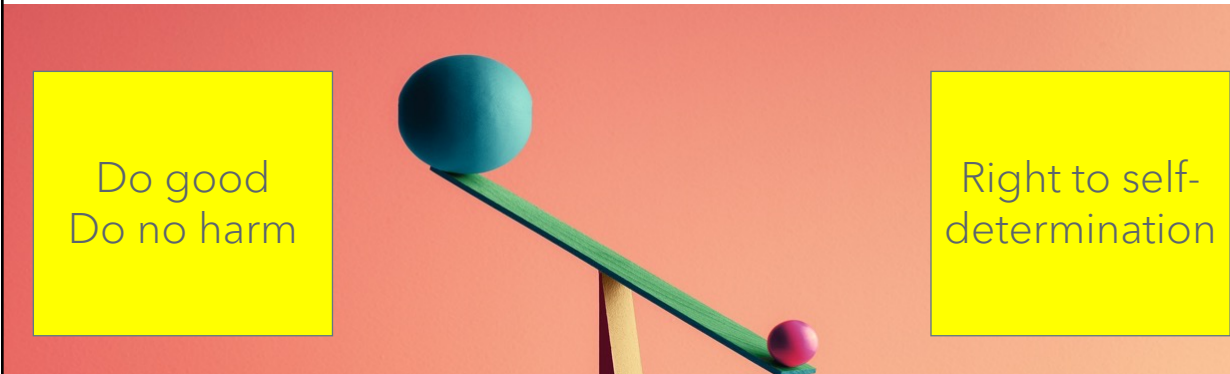
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WHAT WE KNOW: Clinicians...

Define	risk negatively ⁽⁵⁾
Define	living at risk negatively ⁽⁶⁾
Define	living at risk differently ⁽⁶⁾
Focus	on the negative consequences ⁽⁵⁾
Focus	on the physical consequences ⁽⁷⁾
Assess	risk comprehensively - 8 factors ⁽⁶⁾



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Do good
Do no harm

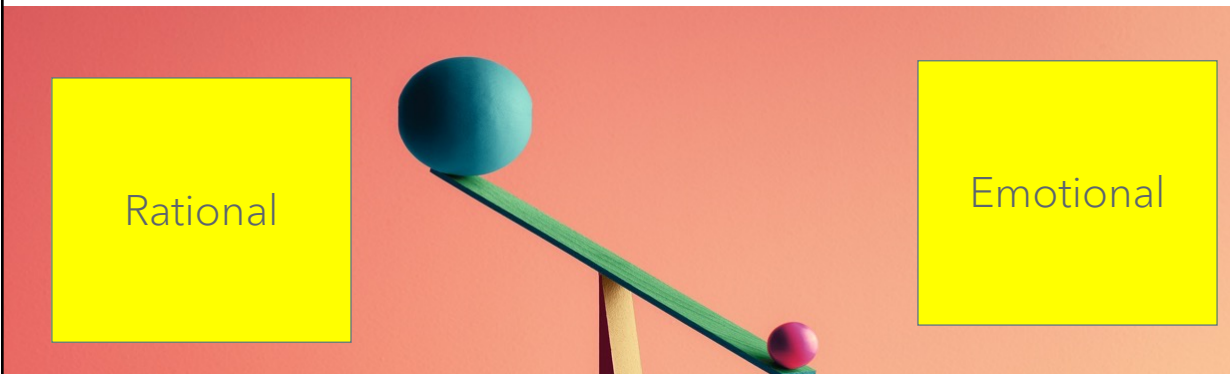
Right to self-determination

WHY IS IT HARD?

TENSIONS - Bioethic Principles



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Rational

Emotional

WHY IS IT HARD?

TENSIONS - Decision Making



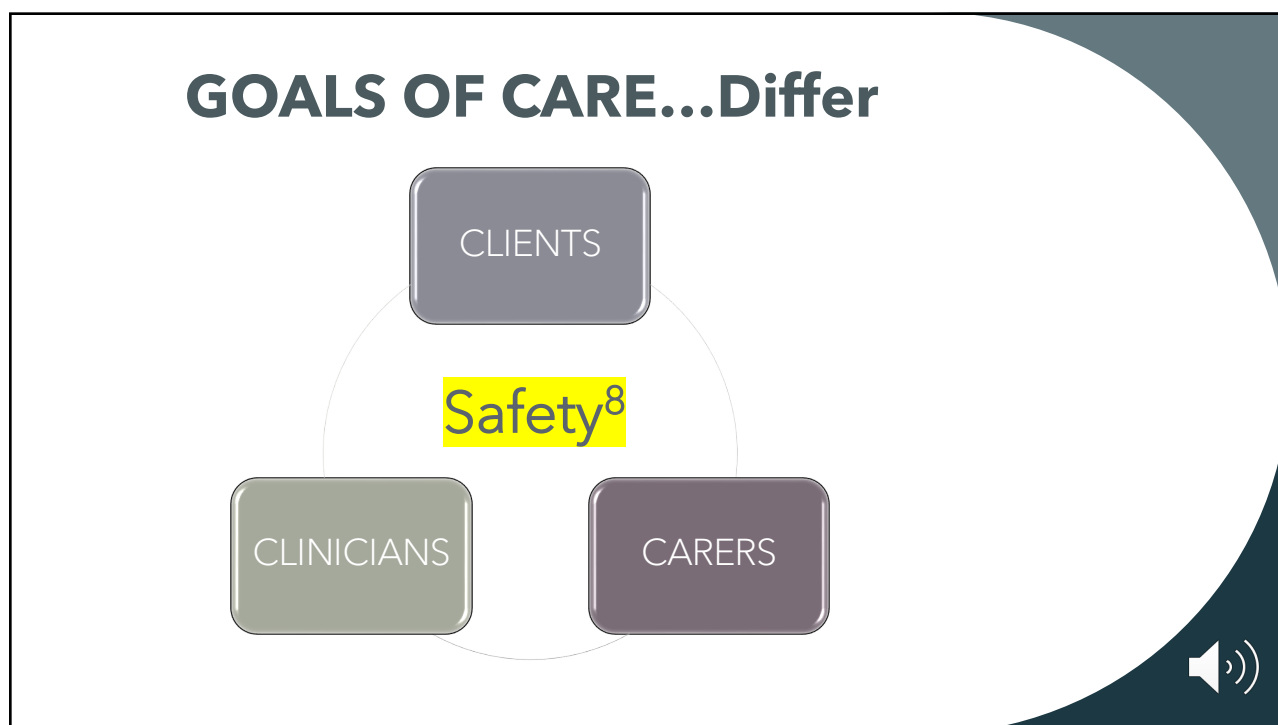
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WHY IS IT HARD?

TENSIONS - Outcomes

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WHAT are the solutions...

Define	risk negatively ⁽⁵⁾	> Broaden your definition of risk
Define	living at risk negatively ⁽⁶⁾	> Broaden your definition of living at risk
Define	living at risk differently ⁽⁶⁾	> Clarify your definition of living at risk
Focus	on the negative consequences ⁽⁵⁾	> Broaden approach to risk assessment
Focus	on the physical consequences ⁽⁷⁾	> Shared decision-making
Assess	risk comprehensively - 8 factors ⁽⁶⁾	



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BROADENING THE DEFINITION OF RISK

FROM NEGATIVE

"the possibility that something unpleasant or unwelcome will happen; exposure to danger" ⁽⁹⁾.

"the *risks* and benefits of... are..."

TO NEUTRAL

"risk is the effect of **uncertainty** on objectives where the consequences could vary from **loss** and detriment to **gain** and benefit" ⁽¹⁰⁾.

"the *harms* and benefits of... are..."



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BROADENING LIVING AT RISK

FROM LIVING **AT** RISK

"a judgment about an *impairment* within an *environment* that can cause a *perilous event* that has the increased potential for a *negative consequence* ⁽⁶⁾."

TO LIVING **WITH** RISK

Care that is focused on

- Optimizing health
- Leveraging the older adult's strengths
- Adapting the older adult's environments
- Minimizing or preventing concerns
- Minimizing negative consequences
- Augmenting positive consequences
- Acknowledging physical and emotional consequences



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CAUSES		CONCERNS	CONTEXT	CONSEQUENCES
Impairments & Personality	Environments			
Impairments Cognitive Physical Mental Health Medical Personality Personality factors	Physical Home Neighbourhood Social Paid/unpaid support Economic Financial resources	Falls Unsafe med use Abuse Fires Malnourishment Unsafe Driving Wandering Suicide ↓Health Maintenance ↓House Maintenance	Activities Location Timing	Health Related Death Hospitalization Injury/harm Harm to others Life Related Functional decline Financial decline Eviction Relocation to LTC Being over protected Positive Quality of life Resilience Meaningful Activity

CLARIFYING RISK⁽⁶⁾



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BROADENING RISK ASSESSMENT



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BENEFITS OF LIVING WITH RISK...



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RESILIENCE

Comes about by taking **a risk** or overcoming a challenge ⁽¹¹⁾

A process by which people bounce back from adversity, reintegrate and ideally **grow** from the experience ⁽¹¹⁾

High resilience later in life has been associated with

reduced depression
increased quality of life
improved lifestyle behaviours ⁽¹²⁾



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SHARED DECISION MAKING



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