

Living with Risk: Decision Support Tool

Meet Max & Malnutrition

Meet Max

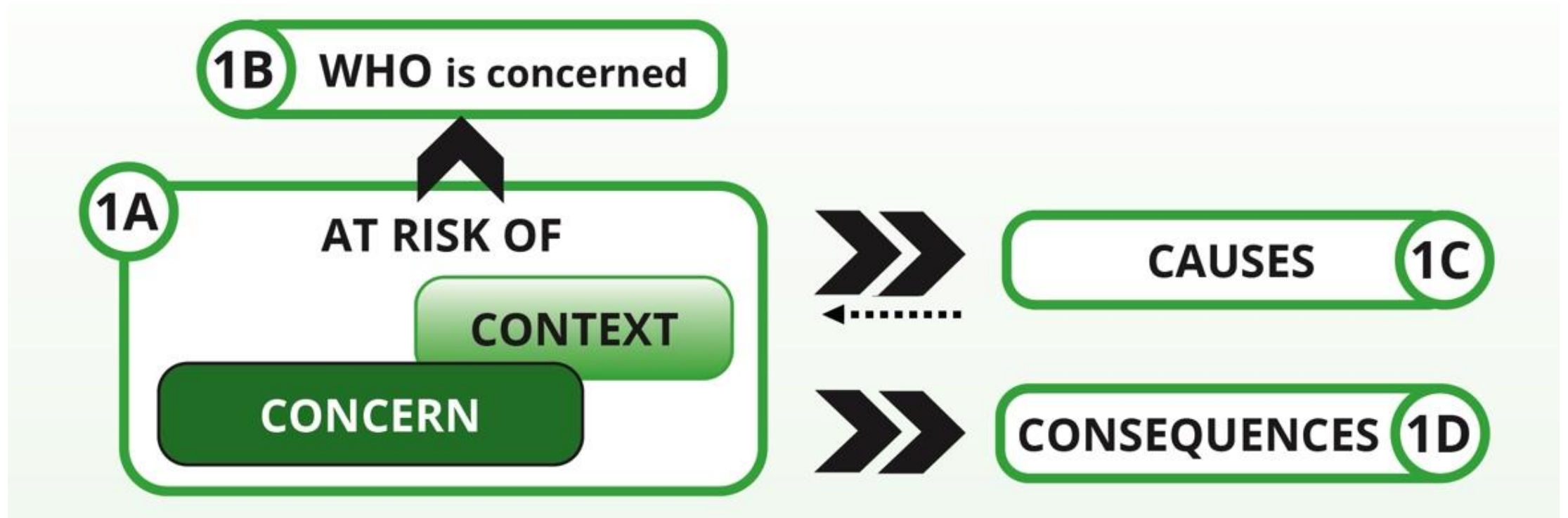
- Max is an 85-year-old man who lives alone.
- His out-of-town children are worried about their father's mood.
- He has lost 30 lbs since his wife passed away 6 months ago.
- Max's wife prepared all meals. He has since lost his appetite.
- He has no interest in food or any of his previous social activities.
- He is on anti-hypertensive medication and is now starting to feel dizzy when standing.

Living with Risk: Decision Support Tool

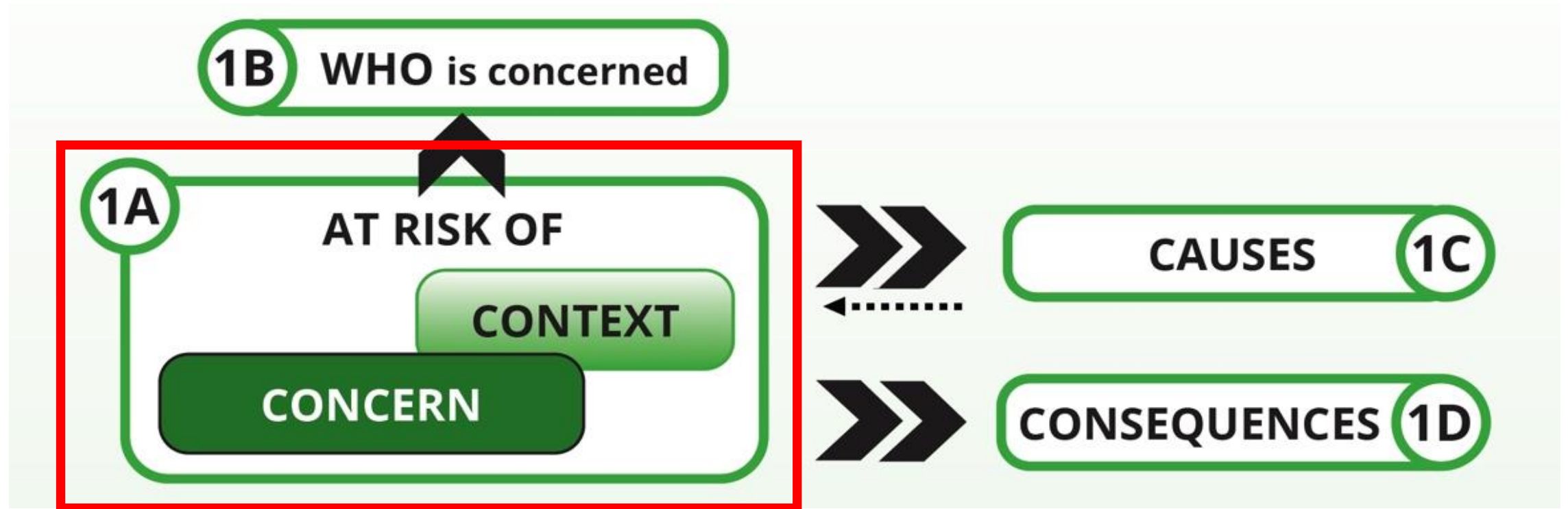
1. What is Max at risk of and who is concerned?
2. What is Max's risk status?
3. What can be done about the concerns?
4. How to have a conversation about risks?

Step 1

What is Max at risk of?
Who is concerned?



Step 1A What is the concern? In what context?



What is
Max at risk
of?

Step 1A

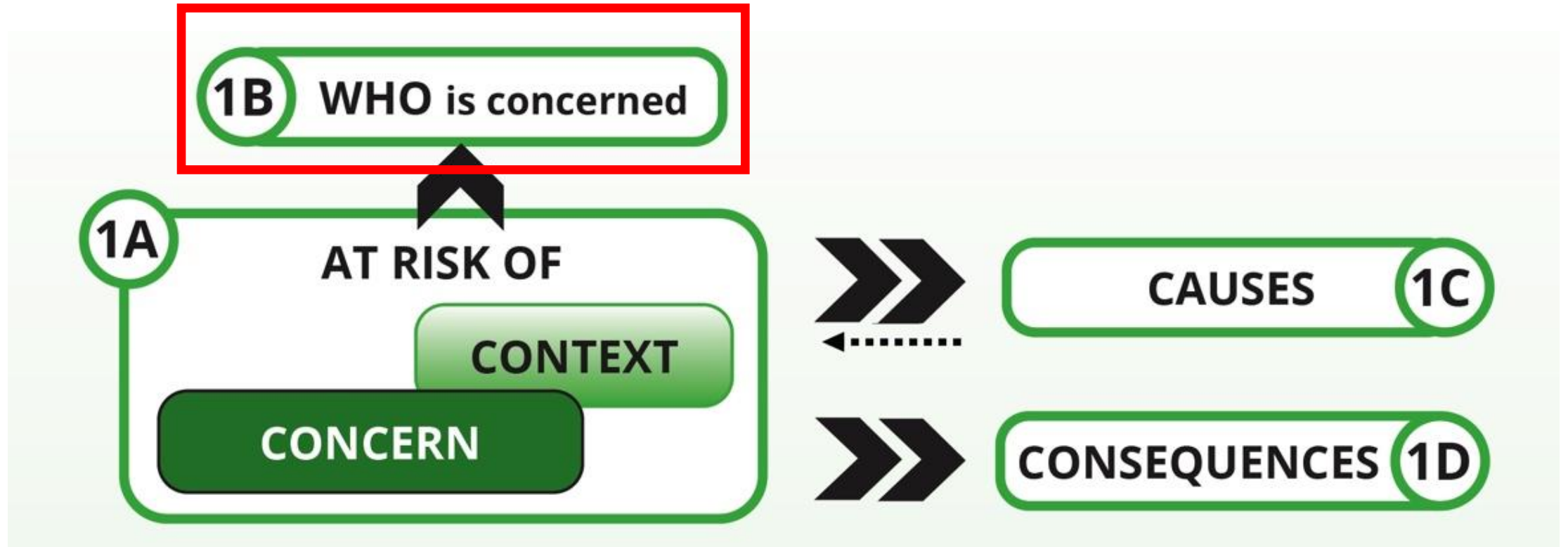


Risk Analysis Worksheet

At risk of															
Concern	Malnutrition														
Context(s)	Wife used to make meals														
WHO is concerned + level of risk ● ▼ ■	<table border="1"><thead><tr><th>Clinician</th><th>Older Adult</th><th>Caregiver</th></tr></thead><tbody><tr><td></td><td></td><td></td></tr></tbody></table>	Clinician	Older Adult	Caregiver											
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Cause(s) of the concern															
Potential consequence(s) of this concern															
Recommendations to reduce the concern, its causes and its consequences	<table border="1"><thead><tr><th colspan="2">Older adult in agreement</th><th rowspan="2">Options/ alternatives</th></tr><tr><th>YES</th><th>NO</th></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr></thead></table>	Older adult in agreement		Options/ alternatives	YES	NO									
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YES	NO														

| Older adult's perspective | |

Step 1B Who is concerned?



Who is
concerned?

Step 1B

Risk Analysis Worksheet

At risk of

Concern	Malnutrition
Context(s)	Wife used to make meals

WHO is concerned + level of risk ● ▼ ■

☒ Clinician	☐ Older Adult	☒ Caregiver
☐	☐	☐

Cause(s) of the concern

Potential consequence(s) of this concern

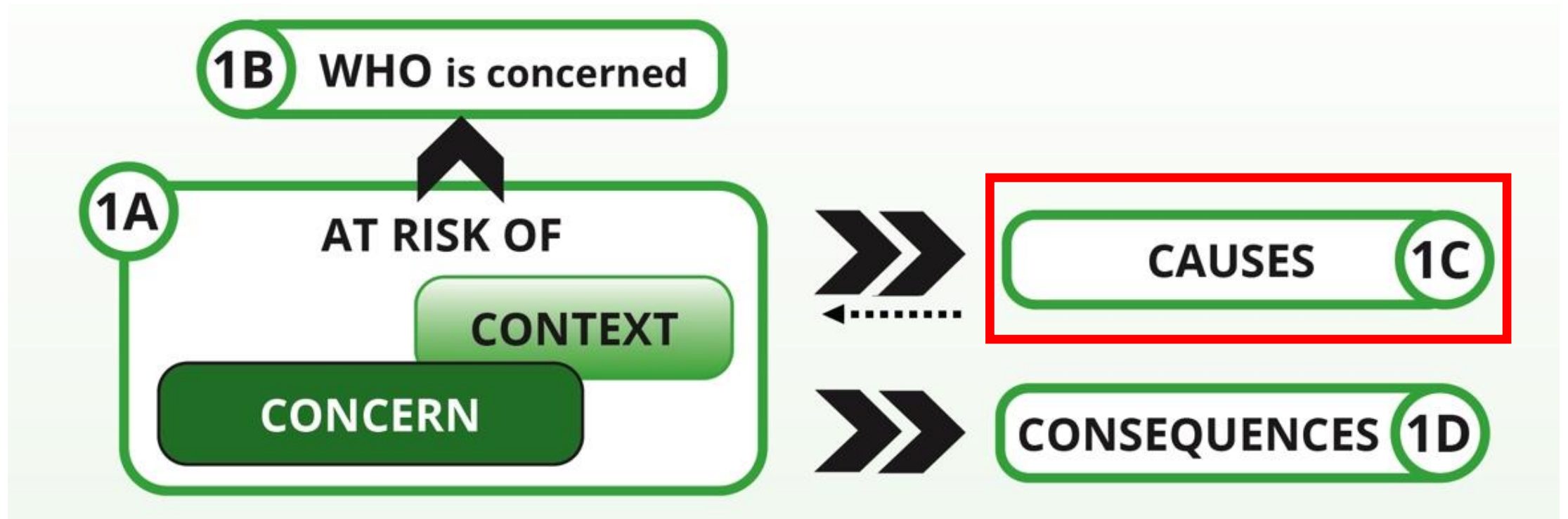
Recommendations to reduce the concern, its causes and its consequences	Older adult in agreement		Options/ alternatives
	YES	NO	
	☐	☐	
	☐	☐	
	☐	☐	

Older adult's perspective

Step 1 Who is concerned?

- Are there differences of opinions?
 - Max's children and the clinician were similarly concerned.
 - Max is not concerned about his weight loss.
- Why?
 - Max is still grieving his wife and has not been aware of the impact on his own health.
- Differences in values, beliefs, goals, capabilities?
 - None identified.

Step 1C What are the causes?



What are
the causes?

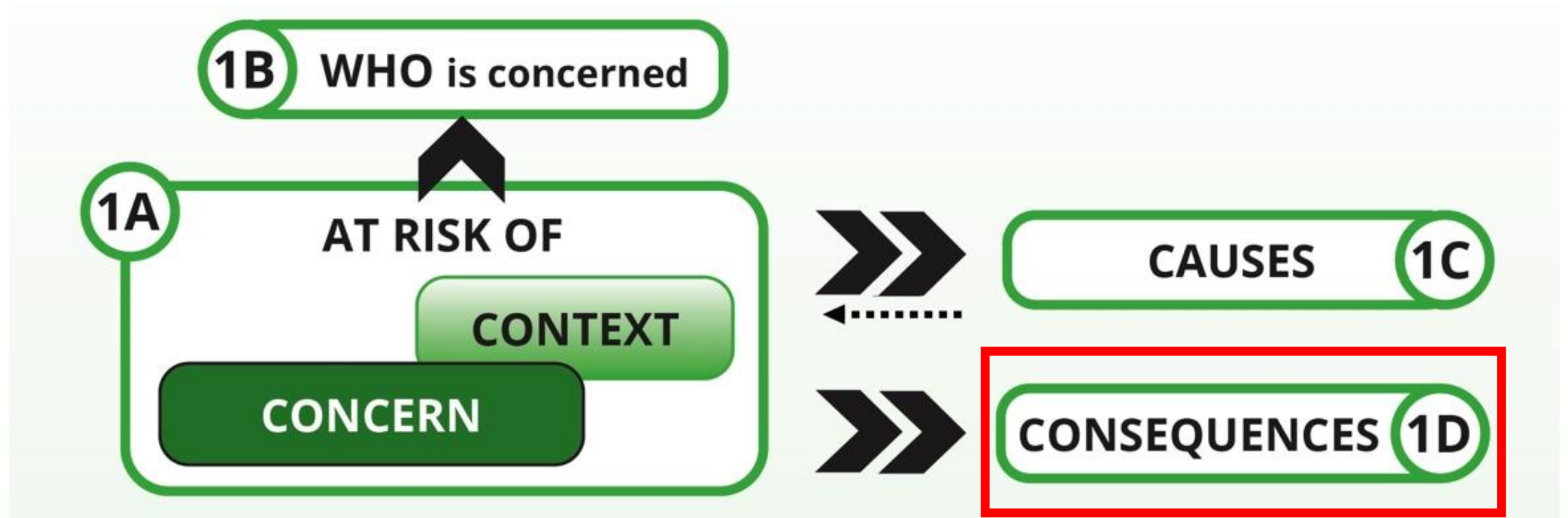
Step 1C



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Older adult's perspective															

Step 1D What are the consequences?



What are the consequences?

Step 1D



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| Older adult's perspective | |

What is the
older adult's
risk status?

Step 2

SAFETY CONTINUA

1. **Capacity Continuum:** Is the older adult capable to make this health care decision?



2. **Occurrence continuum:** Is the concern occurring now?



3. **Frequency continuum:** How often is this concern occurring?



4. **Likelihood continuum:** How likely is the concern and/or consequences to occur?



5. **Severity continuum:** How severe would the consequences be?



6. **Imminency continuum:** How imminent are the consequences?



7. **Support Continuum:** Does the older adult have consistent reliable support in place?



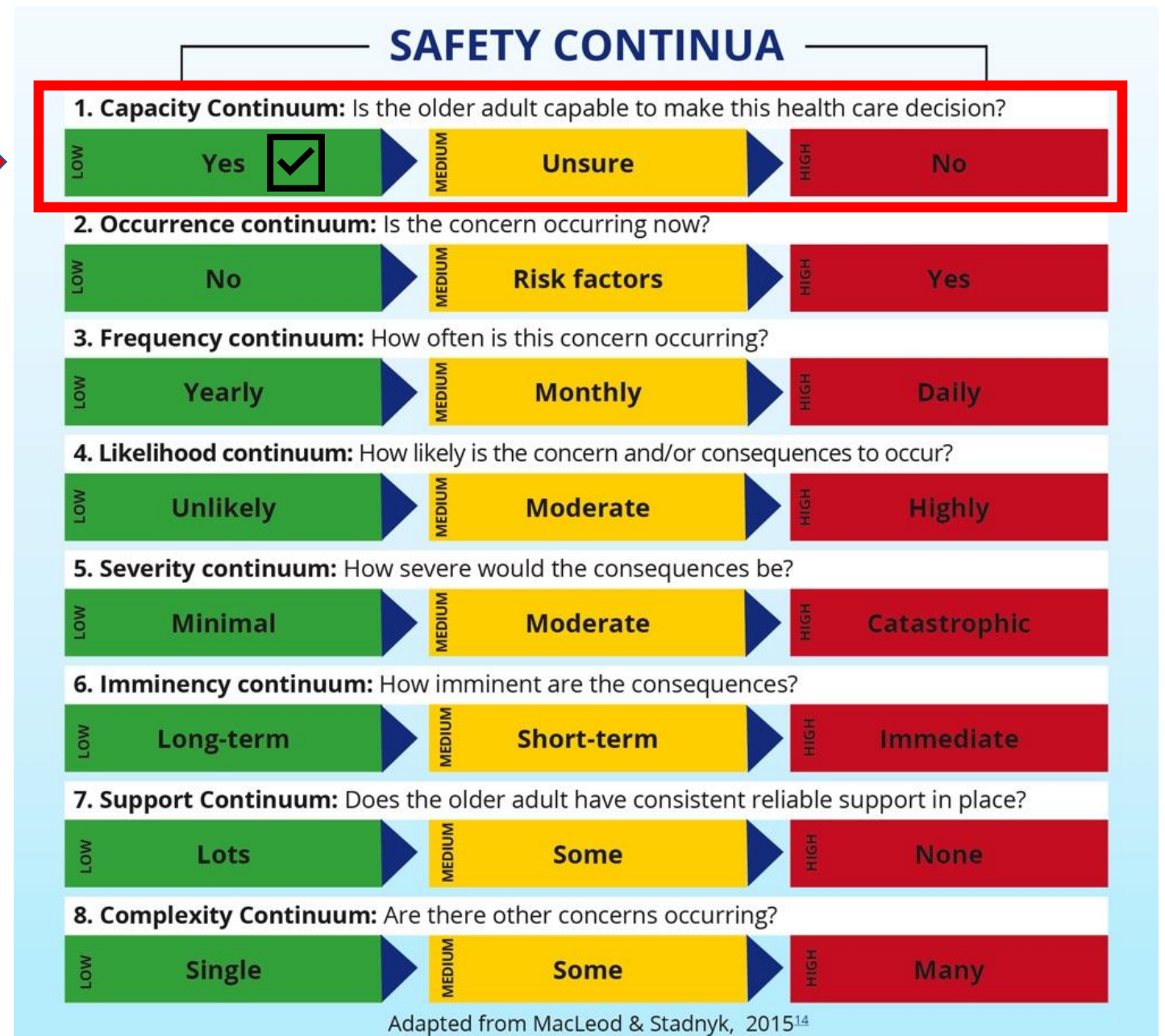
8. **Complexity Continuum:** Are there other concerns occurring?



Adapted from MacLeod & Stadnyk, 2015¹⁴

What is
Max's risk
status?

Step 2



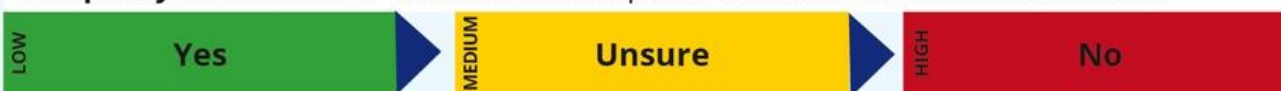
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What is
Max's risk
status?

Step 2



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What is
Max's risk
status?

Step 2



SAFETY CONTINUUA

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What is
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Step 2



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Adapted from MacLeod & Stadnyk, 2015¹⁴

What is
Max's risk
status?

Step 2

SAFETY CONTINUUA

1. **Capacity Continuum:** Is the older adult capable to make this health care decision?

LOW **Yes**

2. **Occurrence continuum:** Is the concern occurring now?

MEDIUM **Risk factors**

3. **Frequency continuum:** How often is this concern occurring?

MEDIUM **Monthly**

4. **Likelihood continuum:** How likely is the concern and/or consequences to occur?

HIGH **Highly**

5. **Severity continuum:** How severe would the consequences be?

MEDIUM **Moderate**

6. **Imminency continuum:** How imminent are the consequences?

LOW **Long-term**

7. **Support Continuum:** Does the older adult have consistent reliable support in place?

MEDIUM **Some**

8. **Complexity Continuum:** Are there other concerns occurring?

MEDIUM **Some**

Adapted from MacLeod & Stadnyk, 2015¹⁴

What is
Max's risk
status?

Step 2

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Older adult's perspective															

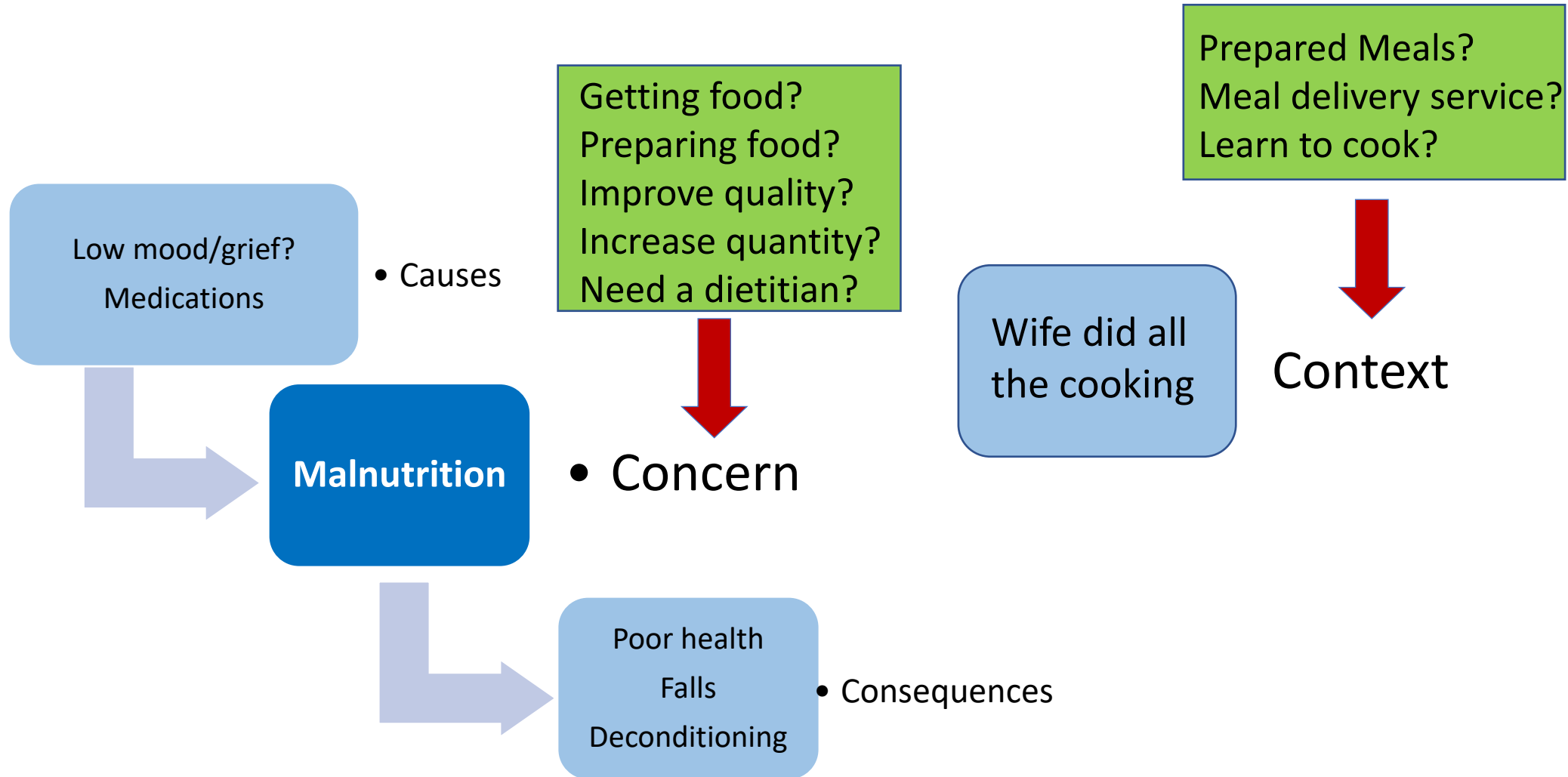
Step 3 What can be done?

- What does Max want?
- What can be done about the concerns, causes and consequences?
- What can be modified?
- What can be optimized?

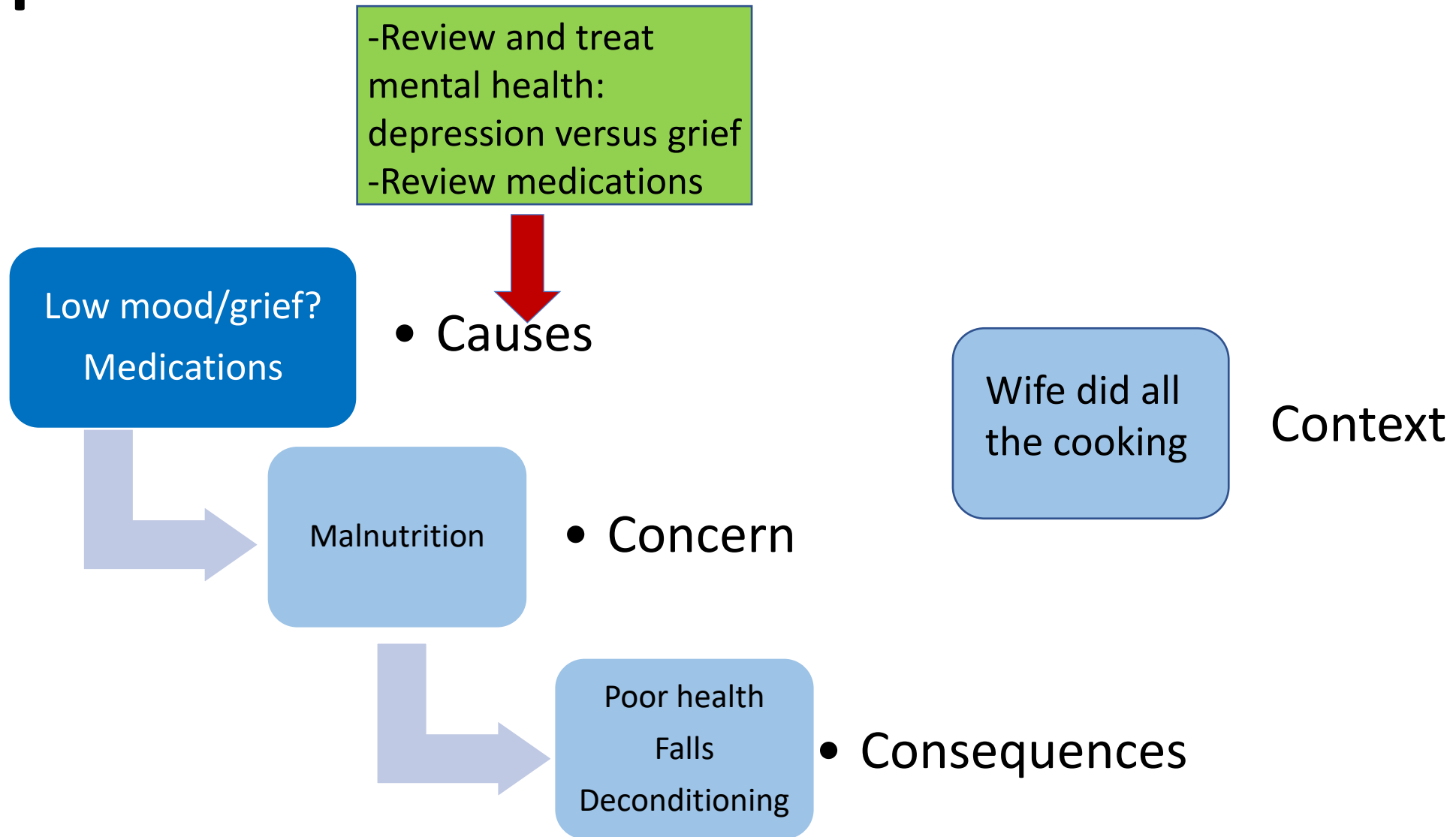
Step 3 What can be done?

- What does Max want?
 - Max would like to stay at home as long as possible.
 - Max would like to feel better.

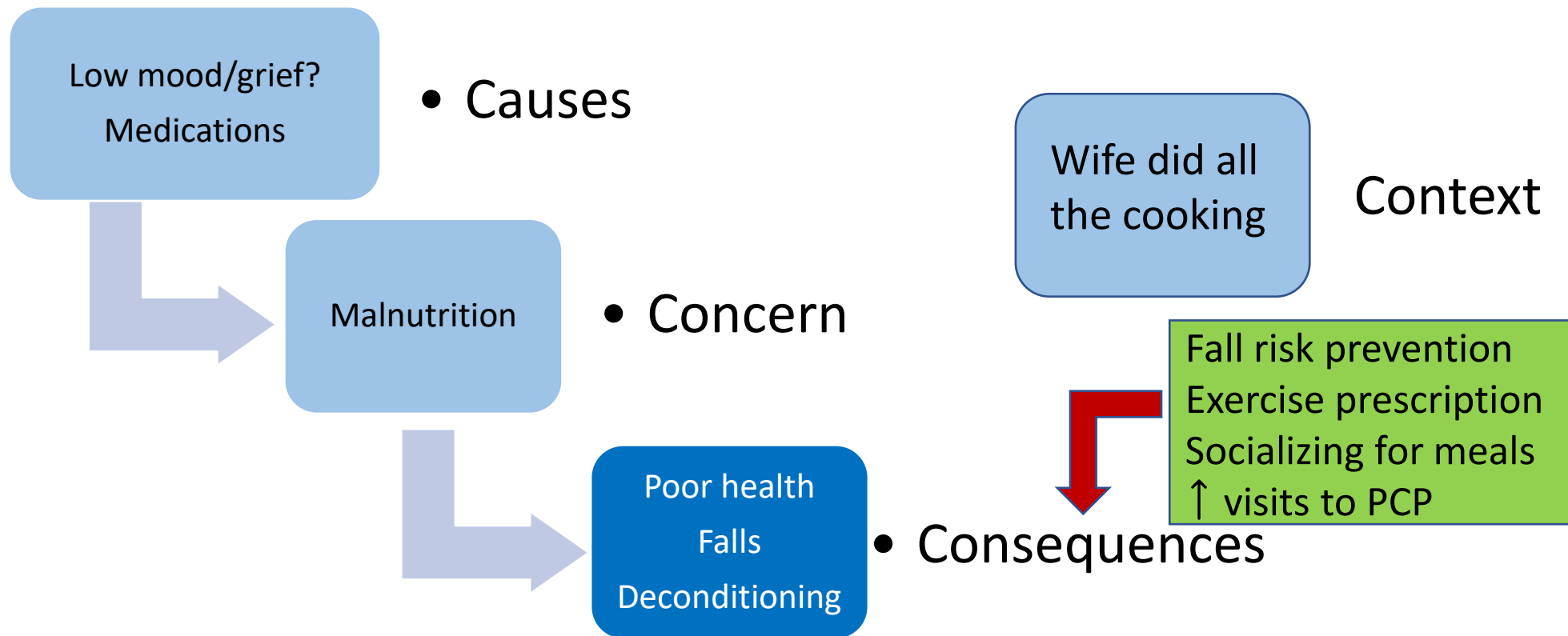
Step 3 What can be done about the concerns and the context?



Step 3 What can be done about the causes?



Step 3 What can be done about the consequences?



Step 3 What can be done?

- What can be modified?
 - Contexts?
 - Meal delivery services
 - Environments?
 - Increase social support

Step 3 What can be done?

- What can be optimized or leveraged?
 - Impairments?
 - **Improve mood**
 - Treatment for depression?
 - Treatment for grief?
 - **Address dizziness**
 - Monitor BP (lying and standing)
 - Make changes to medications
 - Strengths?
 - Client motivated to get better
 - Client motivated to remain at home
 - Family motivated to help did not know how
 - Environments?
 - Social environment
 - Family increasing distant support and organizing in-city support

What can be
done?

Step 3

Risk Analysis Worksheet

At risk of		
Concern	Malnutrition	
Context(s)	Wife used to make meals	
WHO is concerned + level of risk ● ▼ ■	☒ Clinician ▼	☐ Older Adult ●
	☒ Caregiver ▼	
Cause(s) of the concern	Low mood Never cooked	
Potential consequence(s) of this concern	Poor physical health, falls	
Recommendations to reduce the concern, its causes and its consequences	Older adult in agreement	Options/ alternatives
	YES NO	
Meals on Wheels	☒ ☐	→
Referral to Psychiatry	☐ ☒	→ Grief Support
↑ Visits to PCP to monitor	☒ ☐	→
Older adult's perspective		



How to have a
conversation?

Step 4

- Establish priorities
 - Understanding what matters most to client
 - Their values, beliefs, goals
- Communicate concerns
 - Provide rationales
- Person-centered care

How to have a conversation?

Step 4

SUMMARY TABLE

What is the older adult at risk of?	Who is concerned?			Causes	Consequences	Recommendations to minimize concerns, causes and consequences	Older adult in agree-ment? (yes/no)
	What is the risk status? (low ● /medium ▼ /high ■) ¹						
	Older adult	Clinician	Caregiver				
Malnutrition	●	▼	▼	Low mood?	Poor health	Psychiatrist	X
				Grief?	Poor health	Grief Support	✓
Falls				Weight loss	Dizziness	Med review	✓
					Dizziness	Monitor BP	✓
					Deconditioning	Exercise	✓
					Poor health	Meals on Wheels	✓

¹ Refer to *Living with Risk: Decision Support Tool* - Safety Continua

How to have a conversation?

Step 4

- Max would like to stay at home as long as possible and would like to feel better.
- Max has no interest in learning to cook, but is willing to order prepared meals.
- He does not want to see a psychiatrist because he thinks that only 'crazy people' see them (generational beliefs). But recognize that his grief may be impacting his life and is willing to seek support through groups and his PCP which he trusts.