



## Older Adult Training Scenario - Ray

Ray is 68 and retired from an executive position 18 months ago. Ray held an executive position for 25 years and enjoyed a very successful and celebrated career. Six months after his retirement, Ray had a heart attack (myocardial infarction) and went on to have a coronary artery bypass graft with post operative infective complications and a prolonged time to recovery. Ray was treated in hospital for over three months.

### Domain 1 – Symptom severity and distress

Ray has been having trouble with low mood for the past two months. He is usually an avid wildlife photographer but says lately he has no interest in photography. He is also having trouble getting to sleep at night - he says he's 'worried about various things' and 'finds it hard to switch off'. He felt 'a bit panicky' at the chemist recently - his hands were trembling, and he felt his heart racing.

### Domain 2 – Harm

Ray reports that he has not thought about harming himself and has not thought about suicide.

### Domain 3 – Functioning

Ray reports he can't be bothered to prepare or cook meals and opts for ready-made or home-delivery services. Ray is not engaging in any form of physical activity – he has hired a gardener and cleaner – and is not currently interested in socialising with family or friends despite considering himself a very sociable person and having a good social network.

### Domain 4 – Co-existing conditions

Following Ray's heart surgery and subsequent complications he participated in a cardiac rehabilitation program and made a good functional recovery. At cardiology review a month ago a stress echocardiogram and holter monitor were arranged in view of his recent symptoms and these showed no signs of heart failure, valvular disease or arrhythmia. He recent blood tests were all within acceptable ranges. Ray says he felt very reassured to know 'it's not my heart playing up again'. He takes regular medications including aspirin, a statin, ACE inhibitor and a beta blocker. Ray recovered well and has otherwise enjoyed good health.

### Domain 5 – Service use and response history

During his lengthy hospital admission, the hospital social worker provided practical and emotional support to Ray which he says he appreciated. Following the death of his son ten years ago, Ray saw a psychologist through his organisation's employee assistance program which he said he found useful, even though it was hard to talk about his feelings.

### Domain 6 – Social and environmental stressors

Ray lost his wife 20 years ago, and his son died when he was 34 from a cardiac arrest ten years ago. Ray coped by diving further into his work and excelling professionally. Ray is open about struggling with retirement and his long recovery from physical illness.

**Domain 7 – Family and other supports**

Ray has no surviving children. Ray has a broad professional network with which he feels he has little in common. Ray has an excellent social network through photography, golfing, and his local church. His photography group do monthly group excursions and often catch up in between.

**Domain 8 – Engagement and motivation**

Ray is motivated to feel better and does not feel equipped to get better independently. Ray is open to guidance on what steps to take.