



Older Adult Training Scenario - Marco

Marco is 82 and lives at home. Marco lives independently and is supported daily as part of an aged care package (including cleaning, shopping, cooking, and attending appointments). Marco's wife died six months ago. Since her death, Marco's daughter (Mischa) has been taking Marco out for lunch or inviting him to accompany her to local events (e.g., galleries and theatre shows).

Mischa contacts the family GP, reporting concerns about Marco's mental health.

Domain 1 – Symptom severity and distress

Marco continues to grieve for the death of his wife and is often tearful. Mischa reports that Marco has a polite and gentle nature. Over the past two weeks, however, he has been irritable with her and terse at times. A long-term lover of the arts he has refused to go to the gallery for their usual monthly visit saying he was 'just not interested' and would prefer to stay home. He fell asleep at the theatre recently - telling Mischa he had not been sleeping well.

Domain 2 – Harm

Mischa does not identify any concerns about Marco intentionally harming himself or others.

Domain 3 – Functioning

Mischa has observed that Marco is a little less "put together" than usual (hair not done, clothes not ironed). Mischa has not observed any other functional impacts.

Domain 4 – Co-existing conditions

Marco has:

- Type two diabetes (prescribed Metformin).
- Cervical spondylosis (arthritis - analgesics as needed).
- Moderate COPD with baseline saturations of 95% and infrequent courses of oral corticosteroids, the last being 6 months ago.

Marco has disclosed some frustration about having COPD and difficulties with breathlessness at times.

Domain 5 – Service use and response history

Marco has not previously accessed a mental health service.

Domain 6 – Social and environmental stressors

Marco is grieving the death of his wife, whom he was married to for 60 years. Marco and his wife immigrated to Australia from Italy in 1962, shortly after their wedding.

Domain 7 – Family and other supports

Marco is supported by his daughter, Mischa. Marco has a community aged care package focused on supporting Marco to maintain independent living.

Domain 8 – Engagement and motivation

Mischa says Marco refused her offer to bring him to the GP and has said to her that he's "fine" and he's "not interested in seeing a counsellor", so she is uncertain about Marco's willingness to talk to anyone.