



Older Adult Training Scenario - Robert

Robert (74) calls the intake team. Robert tells the clinician that his wife is making him call because he is 'not quite right.' Robert is reluctant to seek help; however, he explains to the intake clinician that his wife (Liz) plans to initiate a separation if he does not seek help soon. The intake clinician speaks with Robert, and then with his consent, speaks with Liz.

Domain 1 – Symptom severity and distress

Robert tells the clinician he is tearful 1-2 times a week, and it usually lasts most of the day. Robert's wife reports that he is impatient and moody. Angry outbursts are over minor issues (e.g. spilling a drink). Other family members (adult children) have also experienced these angry outbursts. One son-in-law is refusing to have contact with him. Liz tells the clinician that Robert 'doesn't get violent or anything.' When asked, Liz says it has been like this for approximately nine months, and it is "just getting worse."

Domain 2 – Harm

Liz tells the clinician that Robert has made comments like "I just don't want to be here anymore." When the intake clinician talks to Robert about these comments, he becomes defensive and denies feeling suicidal. Robert is a registered firearm owner.

Domain 3 – Functioning

Robert explains that he is the primary carer for his son who is in a wheelchair and says he has not been as active in caring for their son. Robert usually provides the bulk of the support, but his wife has been taking on more and more. Robert reports he has not been doing things around the house or catching up with friends over the past six months. He used to have a busy social life with a long-term group of friends. Their regular meeting place was the local pub.

Domain 4 – Impact of co-existing conditions

Robert has Type 1 diabetes, has previously had a heart attack (15 years ago) and is overweight. Robert has been trying to make some lifestyle changes. Robert is a daily drinker and has been for about 35 years. Robert was recently arrested for his second *driving under the influence* (DUI) offence and currently has a suspended license. His wife uses the term "drinking problem," which Robert objects to. Robert drank 3-4 beers daily, increasing his intake to 6-8 beers minimum when he drinks socially on weekends. Since the second DUI his wife has significantly restricted his access to beer, and Robert now has 1-2 wine and sodas an evening. He can no longer go to the pub, which has also led to decreased alcohol consumption.

Domain 5 – Service use and response history

Robert has not sought or accessed mental health treatment previously.

Domain 6 – Social and environmental stressors

Liz was able to identify several stressors. Robert and his wife are the carers of an older son in a wheelchair. Liz says that their relationship is strained due to the drinking and anger. Their financial situation is poor - despite having had long and well-paid careers, Robert's drinking and gambling have left them with no financial reserves. Robert, however, says that he is not worried about these issues and believes Liz is being dramatic.

Domain 7 – Family and other supports

Liz said that she and the family would continue to support Robert as much as needed *if* he sought help. But otherwise, everyone is fast losing patience with his irritability and moodiness. Robert reports having great family support but tells the clinician that he feels like a burden on them at times.

Domain 8 – Engagement and motivation

Liz tells the intake clinician that Robert is very reluctant to access support and expresses a strong reluctance to make any meaningful changes in his life. Liz believes the ultimatum to end the marriage is the only thing that might work. Robert reports he will speak to someone “if I have to.”