

Clarification 12: The Geriatric Population in PROS

Clarification regarding service to Geriatric individuals in a Personalized Recovery Oriented Services (PROS) program.

Guidelines

The PROS program focuses on major life roles that include:

- Living Situations (Shelter and satisfactory living arrangements)
- Health and Wellness (Mental, physical, personal well-being and spiritual awareness)
- Learning/Educational (Including continuing education classes)
- Working (Paid employment or volunteer work)
- Significant Relationships/Parenting/Grand-parenting (Improving relationships with family members or developing new friendships)
- Enhanced integration into community based opportunities such as participation in a senior center

Most individuals, including older adults, seek meaningful life role goals within their family and community settings, in addition to life role goals around employment. With the geriatric population, in particular, improving general health, combating metabolic syndrome, and smoking cessation are often frequently important and “medically necessary” goal areas.

There are certain issues that should be given particular consideration when working with older adults. Some older adults with mental illness have difficulty expressing their goals. In these cases, PROS Services should initially focus on engagement and Individualized Recovery Plan (IRP) planning as these services will assist a participant in articulating relevant goals. Many older adults experience mental health barriers as they seek to adapt to diminished mobility, new and increasing health concerns, and the loss of loved ones and long-time friends. The PROS program assists individuals to overcome these barriers through participation in PROS services that focus on wellness self management, symptom management, basic living skills training, community living exploration, among other services. Additionally, PROS programs can work with individuals to develop hobbies and interests that will improve quality of life and community integration.

In summary, older adults who participate in the PROS program may have a unique set of goals, just as participants have in other age groups. Goals for older adults may focus on improving the quality of life, within the context of mental health as well as the realities associated with aging. PROS may be able to create the environment and support necessary for improved quality of life for older adults with mental illness.