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McKnight's LTC News column: "The World According to Dr. El"

Younger Adults in Residential Care Settings

Wisconsin Department of Health Services FOCUS 2019

Session Overview:

- Risk exposures
- Understanding the types and needs of younger adults
- Recognizing the impact of younger residents upon staff
- Staff training and support
- Policies and procedures
- Engaging mental health professionals
- Therapeutic recreation

Tips:

- Train all staff (including non-clinical workers) on teamwork and mental health.
- Establish policies and procedures to proactively address behavioral challenges.
- Ensure effective communication between departments, shifts, consultants, etc.
- Invest in staff retention efforts.
- Hire nurses, nursing supervisors, aides with psychiatric experience.
- Create positive therapeutic recreation programming.
- **Immediately** refer new residents for mental health services and engage them in therapeutic recreation.

Resources:

- **FREE 11/21-22/19** The Savvy Resident's Guide, Kindle version, available on Amazon.com: https://www.amazon.com/The-Savvy-Residents-Guide-ebook/dp/B009Q38X8l/ref=dp_kinw_strp_1
- McKnights.com: Young Adults in LTC – A summary of the care needs of young adults and ways to meet them: <https://www.mcknights.com/blogs/guest-columns/young-adults-in-long-term-care-the-canaries-in-the-coal-mine/>
- MyBetterNursingHome.com: Why Every Nursing Home Should Host Alcoholics Anonymous Meetings <http://www.mybetternursinghome.com/why-every-nursing-home-should-host-alcoholics-anonymous-aa-meetings/>
- AMDA/PALTC Long-Term Care Information Series: The Younger Adult in the Long-Term Care Setting: <https://paltc.org/product-store/younger-adult-long-term-care-setting>