

# Treating the Geriatric Population in the Collaborative Care Model

## Summary of Key Adaptations Needed for the Geriatric Population

The Collaborative Care Model has been demonstrated to be an effective approach to managing mental health conditions in geriatric populations in primary care. **Areas for additional learning and skill development in order to work effectively with geriatric populations in CoCM would include:**

- Important co-occurring medical conditions, those that may both mimic or complicate mental health conditions.
- Screening, diagnosis and management of dementia.
- Developmental issues of late life.
- Treating practitioners aware of the impact of aging on metabolism and effects of psychotropic medications.
- Behavioral health care managers (BHCMs) trained to screen, diagnose, and deliver evidence-based treatment for geriatric populations.

**Additionally, the CoCM Care Team will need:**

- To engage with patients' caregivers through the process of evaluation and treatment.
- To focus on communication between primary care and other medical specialties for management of complex comorbid conditions.
- To be resourceful about remaining engaged with seniors with mobility and transportation issues.
- Knowledge of community resources for seniors.
- Knowledge about social issues likely to be important to seniors:
  - Financial security
  - Food security
  - Safety
  - Financial exploitation
  - Safe housing
  - Stress of role as caregiver

## Additional Behavioral Health Measures to Consider

- Mini-Mental State Examination (MMSE)<sup>™</sup> [Click Here](#)
- Mini-Cog<sup>™</sup> [Click Here](#)
- Montreal Cognitive Assessment (MoCA) [Click Here](#)
- Memory Impairment Screen (Alzheimer's Foundation of America) [Click Here](#)
- General Practitioner assessment of Cognition Screening Test (CPCoG) [Click Here](#)

## Additional Resources

- SAMHSA: Treatment of Depression in Older Adults Evidence-Based Practices (EBP) KIT. [Click Here](#)
- AMA Journal of Ethics, State of the Art and Science, Differentiating among Depression, Delirium and Dementia in Elderly Patients. [Click Here](#)
- Caregiver Action Network: Family Caregiver Toolbox. [Click Here](#)

## Key References

- **Efficacy in Geriatric Depression**

Unützer J, et al. **Collaborative-care management of late-life depression in the primary care setting: a randomized controlled trial.** *Journal of the American Medical Association.* 2002; 288:2836-2845. [Click Here](#)

- **Effects on Physical Function**

Callahan CM, et al. **Treatment of depression improves physical functioning in older adults.** *Journal of the American Geriatric Society.* 2005; 53(3):367-373. [Click Here](#)

- **Effects on Medical Outcomes**

Williams J Jr., et al. The effectiveness of depression care management on diabetes-related outcomes in older patients. *Annals of Internal Medicine.* 2004 Jun 15;140(12):1015-24. [Click Here](#)

- **Minority Populations**

Areán PA, et al. **Improving depression care for older, minority patients in primary care: a randomized trial.** *Medical Care.* 2005 Apr; 43(4):381-390. [Click Here](#)

- **Patients with Cognitive Impairment**

Callahan CM, Boustani MA, et al. **Effectiveness of collaborative care for older adults with Alzheimer disease in primary care: a randomized controlled trial.** *Journal of the American Medical Association.* 2006 May 10;295(18):2148-57. [Click Here](#)

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