

## WHAT IS MEND?



**MEND** helps home health patients maintain health and safety while reducing hospitalizations. Patients may not be aware they need help, or they may not be willing or able to ask for it. The following are just some of the reasons why mental health can be underserved in adults aging in place:

- Inability or unwillingness to go to outpatient counseling
- Stigma attached to “mental health” diagnoses
- Isolation allows issues to progress unnoticed

**MEND integrates treatment of mental health and chronic disease through a holistic, person-centered care model.**



### SKILLED NURSING

- Physical Assessment
- Medication review
  - expertise on psychotropic medications
- Diet
- Sleep habits
- Teaching of positive coping skills



### OCCUPATIONAL THERAPIST

- Evaluating and adapting home for optimal function
- Develop leisure skills
- ADL's, IADL's
- Time management
- Sensory processing deficits
- Teaching of positive coping skills



### PHYSICAL THERAPIST

- Assessment & treatment of:
  - Neurological disorders
  - Cognitive disorders
  - Chronic pain
- Treatment of fall-related anxiety
- Behavioral activation



### SPEECH & LANGUAGE THERAPIST

- Cognitive assessment and training
- Education and training on:
  - Disease process
  - Compensatory strategies
  - Assistance needed to maintain safety and independence within community



### MEDICAL SOCIAL WORKER

- Holistic assessment of factors contributing to mental health
- Referral to community resources for long term follow-up



### MHRN COORDINATOR &/OR PSYCHIATRIC MEDICAL DIRECTOR

- Guidance on appropriate use of psychotropic medications

## ANXIETY AND DEPRESSION CONTRIBUTE TO:

- Lack of engagement and compliance
- Poor adherence to physician instructions
- Decline in health and function
- Increased readmission rates

Residential offers **MEND**, an evidence-based, interdisciplinary approach to mental health that helps home health patients maintain health and safety while reducing hospitalizations.



Aging patients with complex medical needs often have psychosocial needs as well, but this population is currently undertreated. Unless total care needs are addressed, a patient's mental health can reach a point where his or her physical health can be adversely affected.

**MEND** is our interdisciplinary approach to mental health and chronic disease management.

## INDICATORS FOR MENTAL HEALTH ASSESSMENT

Any of the following may indicate the presence of depression, anxiety, or stress related to chronic disease exacerbation:

- Irregular sleep cycles
- Lack of interest in communicating with other people
- Change in nutrition habits
- Trouble performing activities of daily living (e.g. bathing, dressing, toileting)
- Difficulty with memory or recognition

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**All Disciplines** use evidence-based assessment including:

- SLUMS
- PHQ-9
- GAD-7
- CAGE
- Sad Persons Scale
- Geriatric Depression Scale
- Cornell Scale for Depression in Dementia

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**All Disciplines** use the following therapeutic interventions:

- Motivational Interviewing
- Relaxation exercises
- Diaphragmatic breathing
- Meditative Thought Stopping
- Cognitive Behavioral Strategies
- Behavioral Activation
- Cognitive Restructuring



Visit our website at [residentialhealthcaregroup.com](http://residentialhealthcaregroup.com) or call a Residential Home Health nurse today.

**p:(888)930-WELL (9355) f:(866)903-4000**

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