


  
**Health Resource Review - Section 4.2**

**Table 1: Psychosocial Health Needs and Services that Address Them**

<b>Psychosocial Health Needs of Patient/ Caregiver</b>	<b>Services Required in Palliative Care in Aging</b>
Information about illness, treatments, health, and services	<ul style="list-style-type: none"> <li>▪ Continuous provision of information (e.g., on illness, treatments, goals of care, psychosocial services) and helping patients/families understand and use information.</li> </ul>
Help in coping with emotions accompanying illness and treatment	<ul style="list-style-type: none"> <li>▪ <i>Normalize the many emotions experienced during advanced illness.</i></li> <li>▪ <i>Provide opportunities for clarification and discussion of life review and the meaning of one's life and legacy, and having needed conversations with loved ones.</i></li> <li>▪ <i>Identify and expand formal and/or informal support network.</i></li> <li>▪ Counseling/psychotherapy to individuals or groups.</li> <li>▪ Pharmacological management of psychological symptoms.</li> </ul>
Help in managing illness	<ul style="list-style-type: none"> <li>▪ <i>Anticipate and educate about symptoms, transitions in care, advanced planning, and decision-making.</i></li> <li>▪ <i>Crisis intervention around unexpected disease changes, treatment reactions, or emotional responses.</i></li> <li>▪ <i>Case management to organize coordinated and continuous care.</i></li> </ul>
Assistance learning behaviors to minimize impact of disease	<ul style="list-style-type: none"> <li>▪ <i>Behavioral/health promotion for pain, discomfort, and emotional distress.</i></li> <li>▪ <i>Provide continuous assessment and interventions with symptoms, pain, discomfort, emotional distress, and positive health behaviors such as diet and exercise.</i></li> <li>▪ Assist with communication with physician.</li> <li>▪ <i>Supportive interventions such as relaxation, massage, music therapy, art, etc.</i></li> </ul>
Material and logistical resources	<ul style="list-style-type: none"> <li>▪ Provision of resources, improvement of home environment, transportation, home care.</li> </ul>
Help in managing disruptions in work, activities, family life, and social networks	<ul style="list-style-type: none"> <li>▪ <i>Family/caregiver education, counseling regarding role, task assignment, emotional support.</i></li> <li>▪ <i>Continuous education, counseling, and support for caregiver/family regarding symptoms, illness trajectory.</i></li> <li>▪ <i>Monitor adequacy of caregiving arrangements for patient safety and well-being, anticipating care transitions.</i></li> <li>▪ Provide assistance with activities of daily living (ADLs), and instrumental activities/chores (IADLS).</li> <li>▪ <i>Counseling re advance directives, health care proxy, and other relevant legal issues.</i></li> <li>▪ <i>Social network development, conflict resolution, and mediation of differences.</i></li> </ul>
Financial advice and/or assistance	<ul style="list-style-type: none"> <li>▪ Financial planning/counseling, management of activities such as bill paying.</li> <li>▪ Insurance counseling/advocacy, risk benefit analysis of treatments.</li> <li>▪ Eligibility assessment for other benefits (SSI and SSDI).</li> <li>▪ Supplemental financial grants.</li> </ul>
Bereavement support	<ul style="list-style-type: none"> <li>▪ Provide follow up contact with family/caregiver and bereavement resources.</li> </ul>

\*Italics represent services specific to advanced illnesses and older adults.