

CurePSP®

UNLOCKING THE SECRETS OF BRAIN DISEASE®

Emotional Impact of PSP: People and Care Partners

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Emotional changes in the person with PSP

- Cognitive changes
 - Memory changes
 - Slowed thinking & speaking
- Mood changes
 - Anxiety or depression
 - Irritability or frustration
- Loss of motivation or apathy
- Lack of awareness
 - Some may be protective

Emotional changes in the person with PSP

- Person may slowly become more dependent, fearful, indecisive and passive
- May talk less often
 - Social withdrawal from family and friends
 - Speech may be slower and more deliberate
- May be less motivated for activity even when encouraged
- May feel more isolated
 - Friends seem more distant
 - Social activities increasingly difficult
 - Becoming more reliant on others for help & care

Care Partners

- Caregivers and family play a critical role
 - May overlook how significantly the disease impacts them
- Caregivers may struggle with frustration, depression & social isolation
- Caregivers may neglect their own health/wellness
 - Couple both maybe aging
 - Caring takes a toll
 - Sandwich generation

Care Partners

- Caregivers and family are a critical piece
- Support for the care partner is essential
 - Profit from support & respite
 - Benefit from individual support, coaching & counseling
 - Disease progression requires greater energy
 - Caregiving can be a rewarding opportunity

Ambiguous Loss

- Term coined by Dr. Pauline Boss
 - Helps to clarify and explain unique loss that goes on for an extended period of time that is rarely recognized by others
- Response expressed while someone is living
 - Grieve losses caused by a progressive illness & losses anticipated in the future which creates challenges in adjustment
- Goal is to learn to accept and live with ambiguous loss
 - Often care partners find relief in naming the term and working toward accepting ambiguity in order to learn better ways to cope
 - Encourages letting go of control & reminds us to focus on strengths & seize positive moments

Intervention

- Medication intervention for person if appropriate
- Mindfulness & relaxation practice for both people
- Support groups
 - Together or separate
 - PSP or Movement Disorder
- Counseling & support for both
- Activity, structure & exercise for both

Comments

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