

# Memory Assessment, Loneliness, and Culture

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# Outline

- ▶ Overview of cognitive assessment
- ▶ Loneliness assessment
- ▶ Review a model of culture
- ▶ Case presentation



# Inquiring minds

- ▶ What does a memory assessment include?
- ▶ How do you define culture?
- ▶ What influence does culture have on neuropsychological assessment?



# Cognitive assessment

- ▶ Common referral questions
  - Baseline cognitive functioning
  - Medical and financial decision making
  - Capacity to live independently
  - Etiology: Dementia versus psychiatric



# Cognitive assessment

- ▶ Cognitive domains assessed
  - Attention
  - Learning and memory
  - Language
  - Visuospatial
  - Executive functioning
  - Judgment and insight



# Cognitive assessment

- ▶ Other domains assessed
  - Emotional functioning
  - Activities of Daily Living
  - Instrumental Activities of Daily Living



# Loneliness

- ▶ How often do you feel you have nobody to talk to?
- ▶ How often do you feel others don't care about you?
- Adapted from the UCLA Loneliness Scale – (Version 3)



# Loneliness

- ▶ Loneliness and isolation associated with poorer memory functioning (Shankar, et al., 2013)





# Two Cultural Models

## ▶ Hays

- (A) Age, Generational
- (D,D) Developmental and acquired Disabilities
- (R) Religion, Spirituality
- (E) Ethnicity
- (S) Socioeconomic status
- (S) Sexual orientation
- (I) Indigenous heritage
- (N) National origin
- (G) Gender

## ▶ D'Andrea & Daniels

- (R) Religious–spiritual
- (E) Ethnicity
- (S) Sexual identity
- (P) Psychological maturity
- (E) Economic class
- (C) Chronological, developmental challenges
- (T) *Trauma*
- (F) Family history
- (U) Unique physical characteristics
- (L) Location of residence

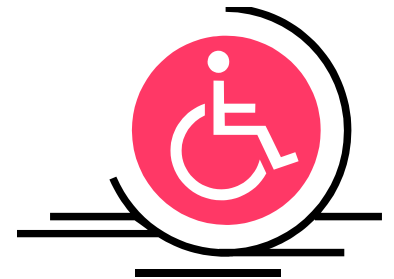
# Age / Generation

- ▶ Ages 81+ are among the fastest growing age group



# Developmental & Acquired Disabilities

- ▶ Traumatic Brain Injury
- ▶ Stroke
- ▶ Spinal Cord Injury
- ▶ Learning Disability
- ▶ Visual and Hearing Impairment



# Religion

- ▶ Christianity
- ▶ Islam
- ▶ Agnostic
- ▶ Atheist
- ▶ Hinduism
- ▶ Buddhism
- ▶ Judaism



# Ethnicity

- ▶ African Americans
- ▶ Asian Americans
- ▶ Bi/Multi-Ethnic
- ▶ European Americans
- ▶ Latinos /Latinas /Hispanic
- ▶ Native Americans



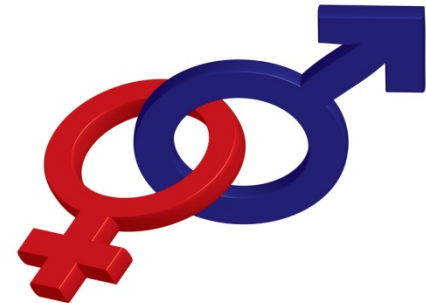
# Socioeconomic status

- ▶ Education
- ▶ Occupation
- ▶ Income level
- ▶ Rural, urban habitat



# Sexual Orientation

- ▶ Asexual
- ▶ Bisexual
- ▶ Heterosexual
- ▶ Homosexual
- ▶ Pansexual
- ▶ Polysexual



# Indigenous heritage

- ▶ Overlap with Ethnicity?
- ▶ Native Hawaiians
- ▶ American Indians
- ▶ Alaska Natives





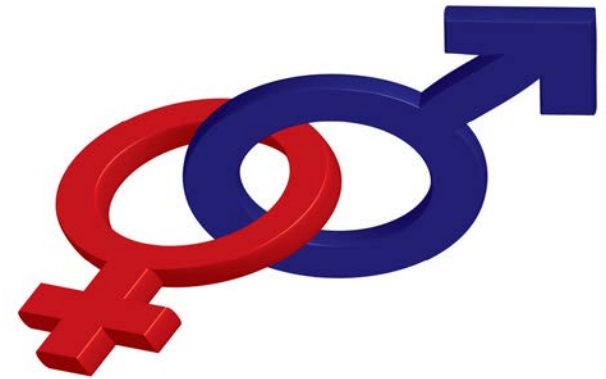
# National Origin

- ▶ Nation where you were born
- ▶ Refugee
- ▶ Immigrant



# Gender

- ▶ Female
- ▶ Male
- ▶ Transgender
- ▶ Intersex

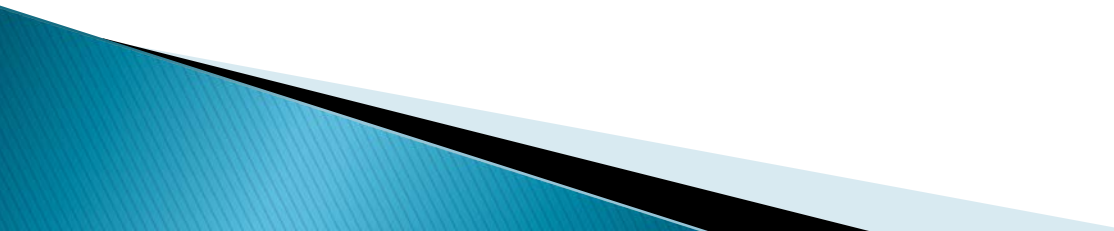


# Cultural Awareness: Experiential Exercise

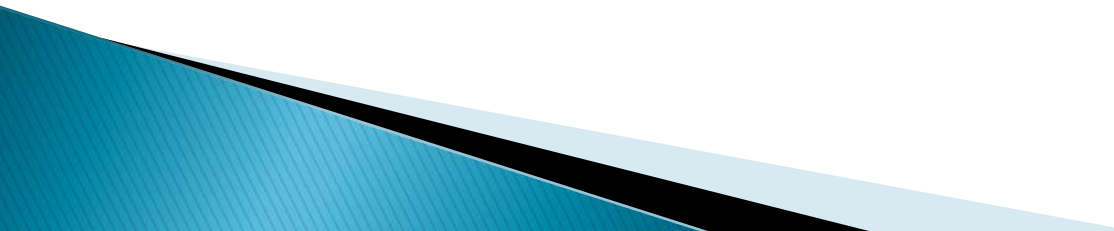
- (A)
- (D,D)
- (R)
- (E)
- (S)
- (S)
- (I)
- (N)
- (G)



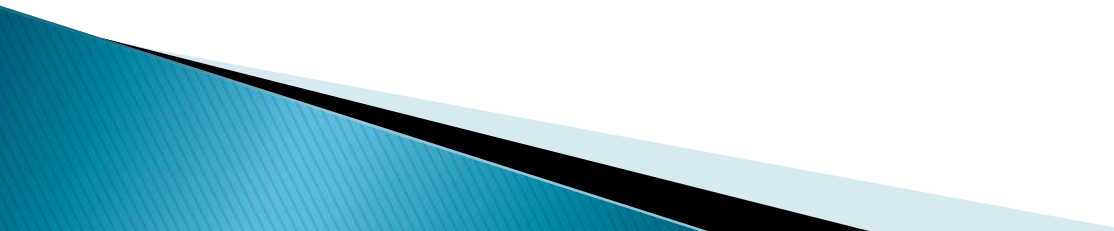
# Cultural challenges in memory assessment

- ▶ Socioeconomic status (education)
  - ▶ Ethnicity
  - ▶ Age (90+)
  - ▶ Disability (vision, hearing)
  - ▶ National origin (language)
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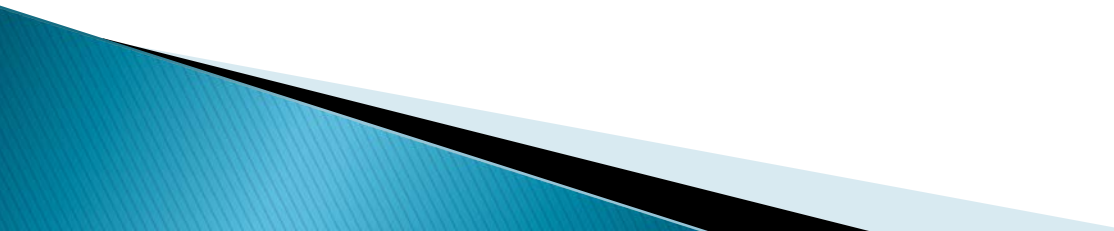
# Case Study 1

- ▶ 85 year old
  - ▶ Widowed
  - ▶ Male from Honduras (1981 – age 53)
  - ▶ 8 years of education in Honduras
  - ▶ Spanish only
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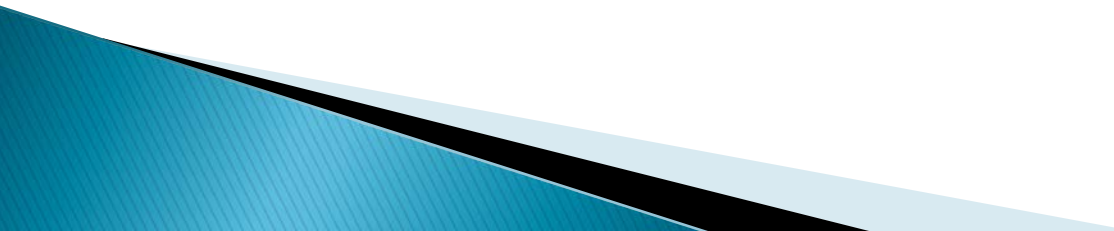
# Case Study 1

- ▶ Poor attention, memory loss for 10 years
  - ▶ Medically stable, no medications
  - ▶ Dependent in IADLs
  - ▶ 2 daughters in Mexico, son in Puerto Rico
  - ▶ Worked as a handyman in US
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# Case Study 1

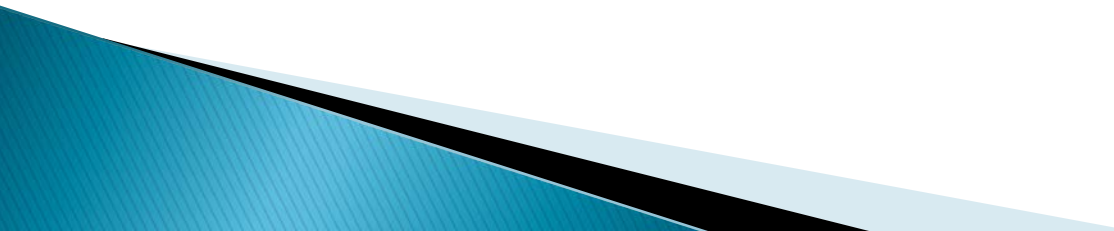
- ▶ History of problems with alcohol, none now
  - ▶ Smokes ½ pack per day
  - ▶ Depressive symptoms per granddaughter
  - ▶ Client reports feeling lonely
  - ▶ Denies SI/HI; delusions/hallucinations
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# Case Study 1

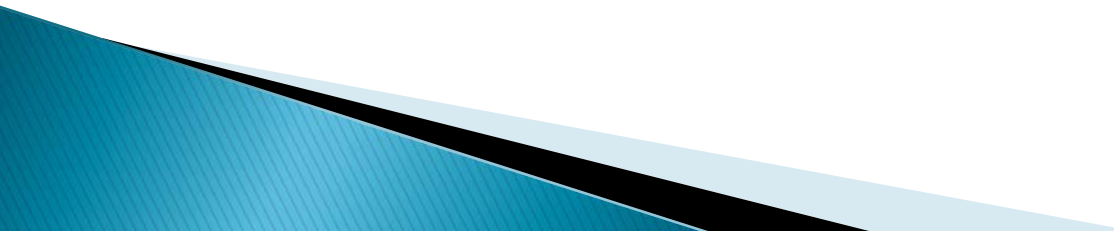
- ▶ Collaterals: granddaughter, case manager
  - ▶ Brief psych screen
  - ▶ MOCA, Spanish version
  - ▶ NAB judgment
  - ▶ Orientation log
  - ▶ Oral trails
  - ▶ RBANS figure copy
  - ▶ WAIS–III Matrix Reasoning
- 



# Case Study 1

- ▶ MOCA – impaired
  - ▶ Processing speed – mildly impaired
  - ▶ Visuospatial – impaired
  - ▶ Nonverbal reasoning – unable to complete
  - ▶ Judgment – moderately impaired
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# Case Study 1

- ▶ 24 hour supervision
  - ▶ Day program
  - ▶ Friendship Line
  - ▶ Psychotherapy
  - ▶ Medical follow up
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# References

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- ▶ D'Andrea, M., & Daniels, J. (2001). RESPECTFUL counseling: An integrative model for counselors. In D. Pope-Davis & H. Coleman (Eds.), *The interface of class, culture and gender in counseling* (pp. 417- 466). Thousand Oaks, CA: Sage
- ▶ Hays, Pamela. Addressing Cultural Complexities in Practice. A Framework for Clinicians and Counselors. American Psychological Association, 2001.
- ▶ Pamela Hays website: <http://www.drpamelahays.com/index.htm>
- ▶ Shankar A, Hamer M, McMunn A, Steptoe A. Social isolation and loneliness: relationships with cognitive function during 4 years of follow-up in the English Longitudinal Study of Ageing. *Psychosom Med*. 2013 Feb;75(2):161-70. doi: 10.1097/PSY.0b013e31827f09cd.

# Resources

- ▶ <http://www.clinicalgeriatrics.com/articles/Lost-Translation-Confronting-Issues-Cognitive-Assessment-Bilingual-Older-Adult>
- ▶ [http://www.fightdementia.org.au/common/files/NAT/2011\\_Nat\\_AA\\_conference\\_Vrantsidis.pdf](http://www.fightdementia.org.au/common/files/NAT/2011_Nat_AA_conference_Vrantsidis.pdf)
- ▶ <http://www.fightdementia.org.au/understanding-dementia/rowland-universal-dementia-assessment-scale.aspx>
- ▶ Russell, D. (1996). The UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of Personality Assessment*, 66, 20-40.