Supporting a Person with an Intellectual Disability Who is Experiencing a Manic Episode

Tutorial and Panel Discussion

Jessica Ward DSW RN (CTRC Timmins)
Tammy Ferraro, Behaviour Therapist, Psych Dept (CTRC Timmins)
Andrew Wilson MD FRCP (Hands TheFamilyHelpNetwork.ca)

Nov 10, 2011

Case History 1 – Bob

• Usually pleasant 37 year old man with mild ID due to FrX lives in an apartment with modest SIL support
• He also attends a Day Program 2 days a week
• Has Bipolar Disorder - stable for an extended time;
• Is prescribed Lithium which he takes with minimal supervision, picking up his meds at the pharmacy and taking them independently at bedtime

• His regular support worker, Ted, who has worked with him for 10 years has been on sick leave for the past month; the replacement, Ann, does not know Bob well

• Ann tells her supervisor that she finds Bob very critical of her support saying that she is no good; he is often extremely rude and abrasive
### Case History 1 – Bob

- Yesterday Bob became very angry over a minor issue; Ann was concerned he might hit her though he made no threats
- Bob says that he doesn’t want to see her again and that he doesn’t need SIL support any more
- Ann is reluctant to visit him again and tells her supervisor that it is his right to refuse services

### Case History 1 – Bob Questions

- What could be going on?
- What should the supervisor do?
- Who else should become involved in this gentleman’s care?
- What practical strategies might Ann utilize in supporting Bob?

### Case History 2 – Mike

- Mike, 19 year old male with diagnosis of Bipolar Disorder & Autistic Spectrum Disorder
- He lived with biological family till age 18 then entered an adult residential care as an urgent admission d/t family crisis
- Admission medication: Lithium 600mg BID, Risperidone 0.25mg BID, clonazepam 0.25mg bid
Case History 2 – Mike

- As winter approached, Mike started to display:
  - verbal aggression to other peers in the home
  - stripping of clothes
  - periods of laughter
  - isolation in a.m., not wanting to come out of bedroom
  - staff report increase in self talk
  - disruption in sleep pattern
  - hand tremors when eating

Case History 2 – Mike

- Suspended from school for one week d/t physical aggression - attempting to hit peer with a pipe (first physical aggressive act since living in residential setting). In the week off school:
  - He remained quiet in a.m., not getting up till almost noon, withdrawn from peer interaction; only wanting to interact with staff.
  - Increased energy noted in the evenings as well as laughing and joking with staff; staff also report distractibility (i.e., attention too easily drawn to unimportant or irrelevant external stimuli)

Case History 2 – Mike

- Shortly after his return to school, while participating in an evening activity, Mike grabbed a female individual by the throat and flipped her off chair.
Case History 2 – Mike
Questions

• What is going on with Mike?
• How should Mike be supported / what interventions may be needed?
• Who should be supporting Mike?

Case History 3 – Bill
(One Happy Guy)

• Bill, a 49 year old man living with mother in her home
• History of manic episodes leading to frequent hospitalizations because of stopping medications
• Mild to moderate ID – assisted by mother and has 6 hours of support from community living worker (Sue).

Case History 3 – Bill

• Sue visits Bill this week: Mom not home; music playing loudly; TV on in background; Bill dancing in the living room, laughing and giggling and clad only in underwear.

• When he finally comes to door, Bill speaks very quickly, moving from topic to topic, and asks Sue to dance. Then tells Sue he wants to take the family car out for a ride and produces the keys (Bill does not have a driver’s license).

• Takes Sue’s hand and begins pulling her towards the door to go for a drive.
Case History 3 – Bill
Questions

• What issues should Sue be considering in deciding what to do next?
• What are some options for Sue to try in supporting Bill in this moment?
• At what point would Sue consider calling for assistance? What about Police?