University of Colorado Colorado Springs

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Caregiver Intake Report (Clinician)

Date of Examination: 1/27/14, 2/4/14, 2/24/14 Date of Report: 3/6/2014
Referred by: A friend

Caregiver Identifying Information
Name: Mr. Allen Care

DOB: 1/1/1964 Place of Birth: The Philippines

Ethnicity: Filipino Marital Status: Single

Education: Masters Degree Occupation/Employment Status: Instructor

Living Situation: Alone

Care Recipient Identifying Information
Name: Mr. Bob Care

DOB: 2/2/1932 Place of Birth: The Philippines

Ethnicity: Filipino Marital Status: Married

Education: High School Occupation/Employment Status: Retired military

Living Situation: Temporarily housed in apt. on a military base in CA

Name: Mrs. Cindy Care
DOB: 3/3/1933 Place of Birth: The Philippines

Ethnicity: Filipino Marital Status: Married

Education: Limited formal education Occupation/Employment Status: Home maker

Living Situation: Independently in CA

IDENTIFIED PROBLEMS
Allen presented as concerned and anxious over a recent argument between his mother and father who live in California. Currently, Allen's parents are separated due to a domestic violence charge brought up against Bob in November 2013. Cindy called 911 and claimed that he hit her during an argument. Cindy has remained in their home while Bob has moved into an apartment on a military base with the urging of his sons. Since this event Allen and his brother, Doug, are angry at their mother for accusing their father of hitting her. They do not believe that this happened, instead, they think their mother was just seeking attention. Bob is confused and wants to return home despite his sons' advice to remain separated from his wife until his court date in March. In addition to the familial stress this event has created, it has also brought on financial hardships as Allen and his

brother have spent thousands of dollars bailing their father out of jail, housing him on base, and paying for a his rental car.

Allen characterized his parents as having a lifelong pattern of arguing. He reported that his mother "gets spun up" and begins to shout, calls names, and throws objects. He can remember her doing this for his whole life but indicated that over the past year these events have become more intense and have happened with greater frequency. In the fall of 2013 Cindy had threatened to call 911 when she was "spun up." This greatly distressed Allen and his brother because they did not want the police involved in their parents' arguments. Allen views threats to and the action of calling 911 as a significant increase in Cindy's anger issues. Allen described his father as having a pattern of retreating in response to his wife's angry attacks. Allen also has noticed that as he has aged, his father has spent increasing time isolating in a spare bedroom. In 2006 Allen visited his parents' home to discover that his father has been hoarding old newspapers; filling the spare room with several piles of the old newspapers so that the room couldn't even be walked through. Allen cleared out the room in 2006 and when he returned in 2007 it was filled again.

Allen has two brothers, Erick, the eldest brother and Doug, the middle child. Doug lives within an hour of his parent's home. Erick has distanced himself from the family gradually over the past years and does not have much contact with his parents by phone and rarely visits them. When Doug called Erick to report their father's arrest Erick refused to help, stating that their parents are adults and it was their responsibility to deal with this situation. Doug appears to be the main caregiver due to his physical proximity to their parents. He takes them to and from appointments and has helped his father move into his temporary apartment. While Erick has distanced himself from his family, Doug and Allen appear united in their view of this problem in several ways. Particularly in believing that the recent events are their mother's fault that their parents should remain separated until court proceedings, and that they cannot afford to give their parents more money.

Historically, Allen has temporarily cut off contact with his mother when she has had a significant angry episode. Allen described a couple of prior occasions when he discontinued phone contact with his mother after she had behaved badly. For example, she came to visit him with family and for some reason had a "tantrum" on the front lawn in his condo complex, throwing herself on the ground and screaming. Allen bought his mother a plane ticket and sent her back to California after this incident. He also described another time when she yelled at him repeatedly so he changed his phone number and it was months before he gave her the new one. He reported that this was because he was working on his dissertation and could not be disturbed by her angry tirades and name calling. Allen stated that her mother will apologize and act nice and calm, but it is only a matter of time before she gets upset and "spins up" again.

To address the most recent problem of his father's arrest, Allen and Doug bailed his father out of jail and helped him move into an apartment. They continue to convince him to remain there despite his desire to return home. Allen is not speaking to his mother currently but Doug visits her frequently.

Caregiver Medical Information
Allen characterizes himself as in good physical health.

Care Recipient Medical Information
Allen describes his mother as in good physical health.
Allen's father has numerous heart problems including a triple bypass surgery in 2005.

Problems Specific to the Caregiver:
In what ways has the situation you are in affected your everyday life?
This situation is difficult for Allen to manage in addition to his stressful job. He essentially has no social life and spends all free time talking to his brother and father. Allen has also had problems with sleep. In the past, he has struggled to balance his obligations of work and family. For example, when his father had triple bypass surgery in 2005 Allen was on a trip coaching his cadets in a competition in New Mexico. As soon as Allen heard his father was ill he left his team in New Mexico to travel to California. Conversely, Allen speaks to his family regularly but sees them less frequently (about once a year) than he would like due to work obligations.

FAMILY HISTORY
Allen denies any previous mental illness or treatment for psychological problems in his family. Allen denies any previous neurological illness or neuropsychological assessment in his family. Allen denies abuse in his family. Allen's father's recent arrest is the first instance of legal problems in the family.

Who are involved in the decision making about the care recipient and in what capacity?
Allen explained that traditionally, in Filipino families, the eldest son would be most involved in decision making for parents. However, Erick has distanced himself from this role resulting in Doug and Allen taking over this role. Doug is very involved in the day-to-day operations of caregiving including providing social support to his parents and bringing them to appointments. On the other hand, Allen is viewed by his parents as very responsible and credible, therefore he is more able to make decisions for his parents. Due to this divide in decision making power (Allen) and the ability to carry it out (Doug) they are both involved in decision making.

Concerns for CG:
What would you want to accomplish during our work together?
Allen does not acknowledge concerns for his own well being.

Concerns for CR:
Allen would like help problem solving how to manage the situation with his mother and father. He would like his father to receive the least legal punishment possible and to prevent future events like this. He would like his parents to receive counseling to work on their style of interacting when upset.

Clinical Formulation:
Allen is concerned about his parents who have a pattern of arguments which has intensified over recent years. Allen is quite committed to his parents but is unsure of how best to help his parents. One problem is that the family does not know what is causing the change in behavior of his parents. He struggles to help them retain as much independence as possible while feeling that they are at risk of making poor decisions. Allen will likely benefit from information on evaluations, strategies on obtaining a neuropsychological evaluation as well as the information provided in an assessment. Allen will also benefit from "giving himself permission" to transition into a more authoritative role over his parents, however, this will likely be a struggle for him and his family due to their Filipino culture preventing so much responsibility from falling on the youngest (which Allen is).

Diagnostic Impressions:
DSM-5 Diagnosis: 309.24 Adjustment Disorder with Anxiety, V61.20 Parent-Child Relational Problem

RECOMMENDATIONS:
Recommendations for treatment modality: Individual Therapy

Treatment goals and strategies:
1. Pursue/obtain neuropsychological evaluation for care recipient
2. Problem-solve strategies to manage father's legal situation

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Psychology Trainee/Date Supervisor/Date