

Communications Exercise

1 Mr. Jenkins is a 56 year-old man with symptoms of delusions. He has very bad teeth and a serious case of halitosis. Despite that, he is sociable and is looking for a “girlfriend”. He needs to go to the dentist, but is very much afraid of the dentist. He has heard that some dentist are on the CIA payroll and will put implants in your teeth so that the government can track your movements and control your thoughts. Your task as the SW is to use your communication skills to get Mr. Jenkins to agree to going to the dentist.

2 Mrs. Johansson is an 86 year-old with the early stages of Alzheimer’s. She is a prim and proper lady. She always wears dresses and full undergarments and even wear gloves during the summer. She disapproves of the young women showing off more of their body than she thinks is appropriate. She has not had a physical in years. She knows that the doctor is going to ask her to take off her clothes for the physical and she has no intention of letting another man see her without clothes. Your task as the SW is to use your communication skills to convince her to go to the doctor.

3 Geraldine is a 34 year-old woman who have symptoms of Bi-Polar disorder. She is a smart, intelligent woman with a good job, but has poor relationships because of her inability to connect and be consistent with anyone. Her last boyfriend just broke up with her and she was depressed for a while. But today, she calls you at your office and she is so excited. She has heard about this marvelous sale, and wants to go shopping. She was thinking about buying Jimmy Choo shoes and Coach handbags. You know she doesn’t have that kind of money and if she spends this money, she will not have enough money to pay her bills. As a SW and using your communication skills, what do you say to her? How would you advise her?

4 Joey is a young person about 22 years old. He goes to a small high school in a small city and makes really good grades. Joey has just been accepted by a prestigious university with a full scholarship. However, Joey has symptoms of Anxiety Disorder. He worries that outside his small town, everyone will judge him and talk about him. He is so anxious about this that he is not sleeping. He would be so tightly wound(anxious) that small sounds sometimes startle him. His anxiety sometimes has physical symptoms like shaking, trembling, dizziness, and racing heart every time he thinks about going away to college. He is now thinking about staying at home and getting a job at the local grocery store. As his SW and using your communications skills, how would you advise him?

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5 Harold is a 60 year old man with symptoms of Major Depression. He is a well-dressed polite man but has had many misfortunes in his life. His only son died in a car accident and his wife passed away about two years ago. He is disabled and lives on a fixed income, but lately has had a tough time paying his bills. He is not connected to any other relatives and doesn't belong to any social groups. His doctor has told him that he has cancer, but it is treatable. The last couple of times you visited with Harold, he has talked about "checking out" early. He says that all he has to do is to take a handful of sleeping pills and it will all be over. Your task as the SW using your communication skills is to get Harold to see a counselor or a therapist.

6 Tammy is a 35 year woman with symptoms of schizophrenia. She often seems confused in her thoughts and unreasonable when confronted with something that she doesn't want to hear about. Tammy is on several medications to control her symptoms of schizophrenia, but lately she has become more difficult to talk with. Your task as a SW using your communication skills is to have her go to the doctor to have her meds evaluated and adjusted if needed. However, when you get to Tammy's house, she insisted that you did not tell her that you were coming (which you did). Also she wants you to address her as Sybil. She says that she is Sybil and she is working here locally, while she is pursuing her singing career. She says that she has already received offers from several agents. She says that does not know who Tammy is and why you keep calling her that name. How do you persuade Tammy to go to the doctor?

7 Marcus is a 36 year-old man who has symptoms of schizophrenia. He has a hard time focusing and careens from one idea to another. You have to be literal when you speak to him. If you say things like, "when pigs fly", he will view you with suspicion, suspecting that you are making fun of him or putting him down. He is very touchy and often gets angry and frustrated if he has a hard time understanding what you are saying. He sometimes hear people talking to him that is not there and sometimes when he looks at you, you feel that he wants to do you harm. While you are not exactly afraid of him, you are somewhat apprehensive around him. He is supposed to go on a home visit with his sister, but she cancelled at the last minute. Your task as a SW using your communication skills is to convey that information to him.