

Pre-assignment work-

1. Which of these two statements is most important to you?

- I want to live as long as possible regardless of the quality of life that I experience.
- **I want to preserve a good quality of life even if this means that I may not live too long.**
 - I would prefer to have a good quality of life. There are many things I'd like to do and accomplish before I die. I believe that a good quality of life would allow me to do all, if not, most of those things. I would not want to live a long life with a poor quality of life. I believe that I would be unhappy and it would be hard on the loved ones around me.

2. Do you feel you have full autonomy for decision making?

- Yes, I do feel that I have full autonomy for decision making.

3. How do you feel when people make decisions for you?

- My mom would be the only other person who would make decisions for me. The decisions my mom may make for me aren't major life decisions. If she does make a decision for me, then I rarely have a problem with it. There are times where she makes a decision for me that I do not like causing me to be frustrated. I have to take a step back and realize she does it because she believes it is for my best interest.

4. What do you see as important in your life?

- There are a few things in my life that I think are important. My family, my friends, and my health are the things that I view as most important. I find myself lucky to be close with my family and to be healthy.

5. What risks have been identified to your quality of life that you agree or disagree with?

- The only risks that have been identified to me are medical conditions because my family has a history of different medical conditions. I know my family has a history of cancer and mental illness. This makes me nervous to possibly develop these conditions later in life.

6. What risks have you taken in the past and how has this affected you?

- I don't think that I've ever taken a real risk. I've done things that other people may consider to be risky. I've swam with sting rays and gone zip lining through a jungle in Central America. I found both things very fascinating and would like to do them again if the opportunity would present itself. I don't think that these affected me.

7. What is your understanding of the risks you want to take now?

- The biggest risk I can think of is moving away from my family for my career when I graduate. After I graduate, I would like to stay in the Chicago area for work. However, I know that I may not be able to stay in Chicago. If I do have to move away, then I would be a little worried. The only time I am really away from my family is when I'm away at school. I think it would be hard at first but get easier as time goes on.

8. What risks are you not willing to take?

- I don't know if there are any risks that I wouldn't be willing to take. I can't think of any off the top of my head. If a risk were to present itself, then I would have to really think about if I should take it.

9. How would you explain to the people who love you why you want to take this risk?

- I believe if moving away would be beneficial, then my loved ones would understand. My family is very supportive of me. They push me to be the best I can be. My family would be a little upset that I would be moving away but would encourage me to do it to further my career. I feel very lucky to have a family as supportive and understanding as mine.

10. What frightens you about taking this risk?

- The biggest thing that frightens me about taking this risk is not being close to my family. The majority of my family lives within two hours of each other. They have always stayed relatively close. I know that if I ever need somebody, then I can call somebody and they'd come. The possibility of not having that does frighten me a little.

Interview process:

1. Which of these two statements is most important to you?

- I want to live as long as possible regardless of the quality of life that I experience.
- **I want to preserve a good quality of life even if this means that I may not live too long.**
 - "I would prefer the second one. If either my bod starts to fall apart or my mind goes, I pray for the Lord to come and take me. You know I had three of my aunts suffer from dementia, and my one aunt was blind and bedridden for the last five years of my life. I've seen how the people that love them also suffer from seeing their loved ones going through this."

2. Do you feel you have full autonomy for decision making?

- "Yes, I feel that I have full autonomy in my decision making. I believe my mind is still functioning fine."

3. How do you feel when people make decisions for you?

- “I really do not have any problem with other people making major decisions for me because they don’t. They make minor decisions, like where we may go to eat or something of that nature, but no major decisions. To answer this question, the answer would be no one makes any major decisions for me but myself.”

4. What do you see as important in your life?

- “There are really two things that are important to me, the first being healthy in both body and mind, the second would be my family. At my age you worry about your health, because you don’t want to become a burden for your family. I’m a very lucky man, I have children and grandchildren that truly love me and would take care of me if need be, but I really don’t want them to have to do that. I’m seventy years old and have had a great life, when it comes time for me to leave this earth I don’t want them to be upset, we only have so much time on earth so hopefully we make the best of it.”

5. What risks have been identified to you that you agree or disagree with?

- “There are really no risks that I have identified that I agree with or disagree with. There are things I might identify as a risk that I wouldn’t do, such as parachute from a plane, or try to scuba dive, but that’s because I’ve never had an interest to do them.”

6. What risks have you taken in the past and how has this affected you?

- “The only real risk I’ve taken in my life that I can think of was back in the winter of 1968 when I volunteered to go to Vietnam. A week before I volunteered my high school friend Tim was killed there, and another high school friend Butch received the first of his two purple hearts and Bronze Stars for being wounded in action. Luckily for me when I reported to Oakland, California with my orders, a colonel spoke to me about my security clearance, then informed me that he was changing my orders and sending me to Fort Wainwright outside of Fairbanks, Alaska. Though looking back I may have been taking a crazy risk, it truly did not affect me in any negative way only a positive way.”

7. What is your understanding of the risks you want to take now?

- “At my age, I don’t want to take any risks.”

8. What risks are you not willing to take?

- “Pretty much answered this with question seven, don’t want to take any risks.”

9. How would you explain to the people who love you why you want to take this risk?

- “Don’t have to explain anything to my loved ones, because I’m not willing to take any risks in my old age.”

10. What frightens you about taking this risk?

- “With me unwilling to take any risks, there’s nothing to be frightened of.”

Interview Evaluation-Reflective Activity

1. What therapeutic communication techniques did you use during the interview? Provide examples.
 - a. One of biggest therapeutic communication techniques I used was silence. My grandpa took a long time to answer some of the questions because he was thinking back on a lot of things. The silence helped him think back on it and not feel rushed. Another big technique I used was restating. I restated some of his longer answers to make sure I was getting all of the information correct. This allowed my grandpa to correct me if I mixed up the information by accident.
2. What went well?
 - a. I think the whole interview process went well. I’m very close to my grandpa because I’ve lived with him since I was four years old. I find him very easy to talk to and he was very open during the interview.
3. What would I do differently next time?
 - a. Next time, I think I would add more questions. During the interview, I really didn’t add any additional questions because I couldn’t think of any at the time.
4. What are the major take-home lessons after interviewing an older adult?
 - a. My biggest take-home lesson after the interview was how content my grandpa was with his life. I learned new details about him that helped me understand him. When I’m his age, I hope that I can be as content with my life as he is.
5. How can I adapt my nursing practice to be more responsive to the unique needs of an older adult client?
 - a. One way I can adapt my nursing practice to be more response is to be more understanding that each client is going to have a different need. I have to work one on one with each of my clients to make sure I can provide them each with individualized care.
6. In what way am I building my nursing skills?
 - a. I think the more I practice therapeutic communication, the more I build my nursing skills. Therapeutic communication is one of the biggest techniques used in nursing. I think it’s really important to practice as much of it as I can so I’m able to effectively practice it with real clients.