

**Pre-assignment work-**

**Students should answer the following questions to fully understand the quality of life, personal choice of decision making, and self-reflection.**

**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 find this question to be a pretty difficult one to answer because I would want to preserve a good quality of life and live long but if I had to choose I would want to preserve a good quality of life even if this means that I may not live long is most important to me because I feel like its important to live a good life I'd rather remember the good life I liven than to grow old and have every day of my life be miserable or not of good quality

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

- I personally feel that I do have full autonomy for decision making, especially since I'm now an adult and can understand things better I am able to make my own decisions.

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

- I don't like when people make decisions for me because I don't like to feel as if someone has control over me or my life and also not only that sometimes I feel as though I know what's better for myself than other people do.

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

- What's important in my life is my success, my family and my health

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

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

- Some things that I considered risk that I was leaving my previous college to stay home and take a few classes then applying to Lakeview I say that this was a risk because at the time Lakeview was the only school that I applied to I didn't apply to any other nursing programs even though I should've, but this risk turned out to be good because I did get accepted

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

- My understanding of the risk I want to take now is to always have a plan B because you can never be too sure of what's going to happen

**8. What risks are you not willing to take?**

- The risk that I am not willing to take is a risk that involves life or death situations and also a risk that could hinder my success for the future

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

- I feel like honesty is just the best way to explain to the people I love and just providing them with information on why I want to take the risk, how I feel that I could benefit from it, and if it fails what do I have as a back up plan.

**10. What frightens you about taking this risk?**

- What frightens me about taking risk is not succeeding or not having a good outcome in general when I do decide to take a risk.

**Interview process:**

**1. How do you feel when people make decisions for you?**

- “When people make decisions for me it makes me feel helpless like I'm no longer able to do things for myself or I have no control over the situations that are happening in my life”. “Sometimes I feel down because I know that I can't do some of the things I used to and I have to have people such as my daughter make decisions for me.”

**2. What do you see as important in your life?**

- “What important in my life as of now is my sanity and just being able to do things for myself, hopefully getting better and not being dependent on others”

**3. 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.**

- “ Well, since I’m already 84 years old and have experienced moments that haven't been so good and some that were good it makes it difficult to say because although I’ve experienced different moments where I feel like my quality of life wasn't so good,I like to just take thing one say at a time and when things come my way then I’ll deal with it but, I'm just grateful to still be here today”.

#### **4. What risks have you taken in the past and how has this affected you?**

- “ I wouldn't say that I’ve taken any risk. I like to think of it as any decision that I made or “ risk” that I've taken was what I had to do, once a while ago I didn’t get my blood pressure medication. It wasn't because I didn't want to take it, it was just that I couldn't afford it at the time, I figured that it wouldn’t hurt if I just tried to eat healthily and manage it on my own but that wasn't the case I end up having a stroke”. “ On some occasions, I've also gotten up without my walker just to take a few steps thinking that it would hurt and I end up falling.”

#### **5. What is your understanding of the risks you want to take now?**

- “I now understand that some decisions we chose to make in our life aren't worth it, not worth the complication that may come with it”. “You know it becomes a lot when you already have a lot of things going on with you. You start to want to make sure you do everything right and hope that things will just get better”.

### **Interview Evaluation-Reflective Activity**

After interviewing an older adult, students are to complete a self-reflective evaluation.

1) What therapeutic communication techniques did you use during the interview?

Provide examples

- Some of the therapeutic techniques I used was first building trust even though I knew the elderly person I interviewed, you still have to build trust with a person in order to get valid responses from a person especially when you might be addressing sensitive topics I also used reflection, silence, focusing, open-ended questions

2) What went well?

- I feel like the entire interview went well I was able to establish trust with my interviewee I was able to use therapeutic communication to make sure that the person that I was interviewing knew that I was passionate and actually open to listening to what she wanted to express during the interview

3) What would I do differently next time?

- Something that I could do differently next time is maybe getting more in-depth with the patient about the questions that I asked my interviewee, but also keeping a direct focus on the interview and not drift off into other situation, but this is definitely something I could

work on, making sure me and my patient keep a direct focus

4) What are the major take-home lessons after interviewing an older adult?

- The lesson that I would take away from this interview is to never take the simple things in life for granted thing as little as being able to go to the store for yourself anytime you want or just going for a walk around the neighborhood, because once or if it comes to a point where I am unable to do things for myself it can become very hard knowing that I have to depend on someone all the time especially since I'm a very independent person

5) How can I adapt my nursing practice to be more responsive to the unique needs of an older adult client?

- I can adapt my nursing practice to be more responsive to the unique need of an older adult, by first researching making sure I understand the older adult life and how to attribute to their needs I would also say just practicing more often especially in my clinical setting since I come across a lot of older adults I should take extra time out to just learn the older adult setting and how to better work with them.

6) In what way am I building my nursing skills?

- I am building my nursing skills my not only practicing therapeutic communication more, but also getting a feel for working with different individuals and different age groups, and learning how to adjust to different patient settings.