

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.

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

I do feel as though I have the autonomy to make decisions. Although I am still young and may not know everything, I feel as though I am competent enough to make decisions for myself.

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

I don't like when people make decisions for me. I feel as though I am old enough to make my own choices; however, I will take advice from people.

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

I see my family, education, work, and friends as essential aspects of my life. I wouldn't be anywhere without my family. Therefore, they are essential to me. I also find my education extremely important to me because I would like to make a good living for myself in the future.

5. What risks have you taken in the past that have affected your quality of life?

In the past, I have allowed myself to become depressed due to a failed relationship. This affected my quality of life because I stopped caring about those things I saw as necessary before. I put my education on the back burner and allowed partying to consume me. When I wasn't partying, I was crying and feeling bad for myself. This reckless behavior led to me almost failing my math class but also left me very sick. I took the risk to the party to avoid my problems affecting the quality of my life.

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

I have gotten into a car accident due to speeding and could have ended my life. At 16 years old, I realized that I need to slow down and appreciate life every day. On the brighter side of the spectrum, I took a risk that ended in something outstanding. I choose to go to nursing school. It was a risk because I thought I could never do it and wasn't smart enough. However, I proved myself wrong, and it has affected me tremendously. I love nursing school, and I love the feeling it gives me when I learn something new, as I do every day. Without taking this risk, I might never have been able to live my dream!

7. What risks do you want to take now?

I would like to travel to a city after becoming a nurse. I have never lived anywhere but in rural areas; therefore, moving to a city is a risk. I risk losing friends and my definition of a home, but at the same time, it's something I really would like to experience.

8. What risks are you not willing to take?

I am not willing to risk failing nursing school over anything. No matter what comes my way, nursing school is my number one priority right now, and I won't risk anything to lose that.

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

I would explain to them that it is a once in a lifetime chance. I would also tell them that I would like to travel even though that means we are not together.

10. What frightens you about taking this risk?

I think the scariest thing about taking a risk is the thought of failure. However, without failure, we would not know what success was. Therefore, although I am scared to fail, I am also excited to succeed.

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.

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

“Yes, I don’t think I have lost any of my marbles yet.”

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

Angry most of the time because I can make my own choices.

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

“Family and health, a little money wouldn’t hurt.”

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

Retired, I have gotten sluggish.

7. What about retirement was a risk for you?

“Making sure I had enough money every paycheck to pay bills.”

8. So, you believe retiring has made you lazy?

“Yes, I don’t have to get up, and I’m not on a schedule where I have to go to work.”

Interview Evaluation-Reflective Activity

1. What therapeutic communication techniques did you use during the interview? Provide examples

I used a summary and restated the client's answer to make sure I understood what they were saying. For example, I asked What about retirement was a risk for you? And the reply was, "Making sure I had enough money every paycheck to pay bills." I then said So, you believe retiring has made you lazy? To clarify what the individual was saying.

2. What went well?

I think what went well was the comfort I had with the individual I interviewed. I warned the individual that some of the questions might be awkward but to just answer them to the best of your ability.

3. What would I do differently next time?

Next time I would try and make the questions flow more fluently. I feel like some of the questions were hard to understand and not very clear. Therefore, next time I would reword each question before the interview.

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

The major take-home lesson that I got after the interview was that older adults want to make their own decisions and feel like they can do so. I've learned that independence is an import and something that everyone has a hard time parting without.

5. How can I adapt my nursing practice to be more responsive to an older adult client's unique needs?

I can let the older adult clients still decide that they can on their own. I can give them options if they are unavailable to make full decisions on their own. I want not to take my clients' independence away and give them as much independence as possible.

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

I am building my nursing skills by having an open mind and learning how to treat older adult clients. I am also building my communication skills and learning how to converse with an older adult more effectively.