

Therapeutic Communication Gerontology Assignment
Shana Stanley

Step 1: Assessing Your Personal Thoughts Prior To The Interview

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.

The statement that is most important to me is, "I want to preserve a good quality of life even if this means that I may not live too long." I have chosen this statement because I believe in quality, not quantity. At this point in my life, there are still many things I want to do, but I don't wish the burden others in my old age. It is important to me that as I grow older I can function for the most part independently.

1. Do you feel you have full autonomy for decision-making?

Yes, I do feel that I have full autonomy for decisions making in my life. However there are some situations that I may take into consideration the feelings of others, but for the most part, I'm independent in my decisions making.

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

I am not very keen on others making decisions for me, I feel I'm fully capable of having an opinion on what happens to me personally.

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

The most important thing in my life I believe is constancy. I like for others to be constant in regards to relationships and I in turn attempt to be constant with my reactions and feelings. Friendship is also important to me, I have been fortunate enough to find some good friends and their support and encouragement is something I hold dear.

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

The biggest risk I have taken is starting nursing school. As of now I am 33 years old and a bit set in my ways, so for me to cut down hours at work and rely on my partner for financial support is a big step/risk for me. I am a pretty independent person and nursing school has taught me that I can't do it all alone. By doing this I will be bringing in less money while in school which causes financial stress and changes the quality of life I'm able to lead for the time being.

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

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The biggest risk I have taken is starting nursing school. When I first started everything was new and exciting, but moving forward it has affected my mental health, home dynamic, and ability to work. Since starting nursing school I have had to increase my anxiety medication, create multiple schedules to balance out life and cut my hours at work.

6. What risks do you want to take now?

As of right now, I am joining a newly created lawn care business, with the hopes of becoming a partner in the next year.

7. What risks are you not willing to take?

I am not willing to compromise/risk my current relationship with my partner. It important to me that regardless of what I am doing outside of our home that my relationship and our home are well taken care of at the end of the day.

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

For me at this point only one person's opinion matters, I expressed my interest in the law business and she thought it would be a good outlet for me.

9. What frightens you about taking this risk?

I am a little afraid of getting in too deep and possibly losing focus on other aspects of my life. Unblancedness scars me the most, I'm very much a plan ahead person and keep a tight balanced schedule.

Step 2: Conducting Your Interview

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.

1. Do you feel you have full autonomy for decision-making?

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"Sometimes I wish I had more, I often have to rely on others to drive me places and that means I have to schedule things around another person's schedule."

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

"They don't, I may be old but I'm still the boss."

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

"My family, and seeing my family."

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

"I don't take risks, I make decisions."

Step 3: Completing A Self-Evaluation After the Interview

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

The therapeutic communication techniques I used during this interview were silence and active listening. Silence: I used silence by allowing the person I was talking with to take her time with her answers. My Silence allowed her to come up with her own thoughts and not feel rushed during the interview. Active Listening: I used active listening during the interview by using verbal cues like "I, see" and "Oh" after her response. I also made sure I was using proper open and inviting body language to show interest such as leaning forward, smiling, and nodding my head as she spoke.

2. What went well?

Overall I believe the interview was a success, we laughed and she was very open and sassy with some of her responses. The mood was very light and enjoyable.

3. What would I do differently next time?

Next time I would love to be able to interview in person. The current interview was over FaceTime and though it was good I think in person would have been very enjoyable for us both.

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

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The major take-home lessons from this interview were the differences she and I have. She has a strong bond with her family and doesn't take risks. I on the other hand am still actively taking risks and hold friendship to the standard in which she places her family.

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

I believe that by showing compassion and a willingness to listen my nursing practice will flourish when it comes to older adults. Through the interview I learned some patients and understanding of a generation I'm not a part of, but trust to care for.

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

I'm am laying the foundation for good listening and appropriate responses to my patient's needs. As well as gaining insight into different age and demographic groups.