

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

- I want to preserve a good quality of life even if this means that I may not live too long.

This is most important to me because I feel quality of life is way more important than having more quantity of life. I want my life to be full of significant events while I am living not just long and boring. I would not be content if I lived forever and was not able to accomplish anything.

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

I do feel as if I have autonomy over my decision making. I am competent enough and capable of making decisions for myself. I am the only one involved with making decisions in my life.

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

I do not like it when people make decisions for me; it makes me feel as if my opinion isn't necessary. People should not make decisions for others without their permission. I want to have power over my own decision making to ensure the best results.

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

In life, I feel happiness is essential. Happiness is something that can come in many different ways. It is also something money can not buy. I think it is essential to be happy to enjoy your life to the fullest.

5. What risks have been identified to your quality of life that you agree or disagree with? I have had asthma since I was younger. When I am participating in extraneous activities, I have to be cautious because I am at risk for an asthma attack. I have always to take breaks when needed and have my rescue inhaler onhand.

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

I have tried different medications to help monitor my asthma, some cause short term relief. I have also developed allergies to certain medicines in the past to help control my condition.

Taking a risk to try new medications and possibly have an allergy is a risk you take when trying new drugs.

I've taken many risks in the past. I took a chance with going back to nursing school several years ago, and it has had a significant impact on my life. I am currently a LPN and now working toward my BSN.

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

I understand what is needed for my risks to have a significant effect on my life. It's essential to plan before taking a risk.

8. What risks are you not willing to take?

I am not willing to take any risk that will not have a positive impact on my life. I want to take risks with positive gains, instead of negative gains. I am not willing to take a chance that would harm my family.

9. How would you explain to the people who love you why you want to take this risk? I would explain to them I want to take a risk that will have a positive benefit to help our family in the future. I would let them know I have thought this plan through. I would also let them know the benefits.

10. What frightens you about taking this risk?

Any risk failure is always a possibility. This frightens me because my family depends on me. I want to make them proud and not let them down. I do not want to fail at anything I do.

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

- I want to preserve a good quality of life even if this means that I may not live too long. They want to have a meaningful life and a great legacy to pass on. They want to make sure their family is well taken care of.

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

When people make decisions for them, it made them feel as if they were not smart enough to be involved in decision making. The older adult wanted to be able to provide input with decision making. This made them feel like an adult with power over their choices.

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

Family is essential because the older adult was raised close with several siblings. They were taught the importance of sticking together as a family at a young age. It is essential to have a relationship with your family and attend family reunions to allow all generations to get to know each other. It teaches the importance of family and growing older.

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

8. What risks are you not willing to take?

Any risk that would be harmful to their life or their loved ones is not a risk they are willing to take. The older adult had lived many years without any risk having a harmful negative impact and wants it to remain the same. At this age, the older adult did not see taking the risk as a main priority. The older adult was more focused on enjoying life and taking it day by day.

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

During the discussion, a couple of communication techniques were used to communicate with the older adult. As soon as the person arrived, I begin to observe them. I was able to use their body language, facial expressional, and overall appearance to assess them. After the questions were answered, I was able to summarize the information given to meet. This helped me have a better understanding of what te older adult just told me. It also shows them I am listening to them. During the interview, I was able to observe the nonverbal and verbal communication. I was able to demonstrate active listening while the older adult was talking. I continued to stay engaged by showing verbal and nonverbal cues throughout the interview.

2) What went well?

The over all interview went well. My older adult enjoyed the interview process. The older adult was able to take time to reflect on each question before answering them. They were able to learn more about themselves after reflecting on the questions.

3) What would I do differently next time?

Maybe allow the older adult to take control over the interview by allowing them to talk and volunteer information. The older adult could also ask the interviewer questions as well to allow for a more engaging discussion.

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

One of the major take-home lessons was how we shared many similar thoughts about life. I was able to connect with this person despite the many decades between us. It is essential to continue to see our older adults as human and not see their age.

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

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

I am currently building my nursing career by furthering my nursing career. As a nurse, it is essential to continue to learn to keep up with the evolution of nursing. It is necessary to stay up to date with health laws and changes.