

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?

As I young adult, finally out on my own I feel that for the most part I have full autonomy for decision making.

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

When people make decisions for me it makes me feel inferior, as if they don't believe I will make the right decision on my own.

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

Right now, what is important in life to me is fulfilling my dreams and having a successful career.

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

I don't feel that I have taken many risks that affected my quality of life. I am still very young, mistakes are to come, I'm sure.

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

I would say one risk I have taken was moving away for college right after high school. Going out on my own made me much more independent and showed me how capable I am of doing things my own way.

7. What risks do you want to take now?

Risks that I want to take now include putting myself out there, career wise. I want to be outgoing and seen as a "go-getter" to future employers!

8. What risks are you not willing to take?

Risks that I am not willing to take are risks that can affect my health and wellbeing. I would consider myself a safe person, not daring. I do not put myself in situations where I do not feel safe.

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

I would explain to the people who love me that my future career is very important to me. In order to be recognized and I must put myself out there and be outgoing to people who may hire me.

10. What frightens you about taking this risk?

Putting myself out there frightens me. There is always a chance that you will be turned down, and at some point employers will turn me down and that is something I will have to accept and move on from.

Interview Answers

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, at this point in my life I feel that I have full autonomy.”

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

“I feel frustrated when decisions are made for me.”

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

“It is important to me to feel a purpose to my life.”

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

“Placing trust in the wrong people.”

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

“Making life decisions with others which were not in my best interest.”

7. What risks do you want to take now?

“I enjoy traveling, there are risks involved in travel. I also live alone, which can involve risks.”

8. What risks are you not willing to take?

“Continuing with travel, I not travel to remote areas and I do not knowing take risks where my health is concerned.”

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

“To learn about cultures I feel like it is important to open myself up to new experiences. Traveling to new places enables one to gain this knowledge and meet new people.”

10. What frightens you about taking this risk?

“Living out of my comfort zone can subject me to uncomfortable circumstances.”

Interview Evaluation-Reflective Activity

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

During this interview I tried to focus on using open ended questions so the person would explain more to me than just answering yes or no. For example, instead of saying “Do you take risks?” which could be answered with just one word I said, “What risks do you take?” This encourages a stronger conversation.

2) What went well?

Overall, I felt this interview went very well, I was able to obtain answers to questions that were elaborate and I could think on later.

3) What would I do differently next time?

Next time I could try to tailor my questions to the person I was interviewing. I knew that she liked to travel so I could have asked questions more about the risks involved in traveling instead of having such a wide question base.

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

After interviewing an older adult it was interesting to see what is important to her right now compared to what is important to me. She is at a point in her life where she wants to enjoy herself by traveling and learning about other cultures and I am at a point where I want to reach a good career.

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

It is important to learn about the lives of older adult clients to see what is important to them and what they do on a daily basis and how their illness is effecting that.

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

Therapeutic communication is plays a key role in nursing. It is crucial that nurses can communicate properly with clients in order to provide the best care to them as possible.