

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.

- The second one is more important to me personally. Since I work in a nursing home, I can see what it is like for some people to live with not much quality to life. It seems like they are suffering, and I would rather be younger when I pass than to suffer.

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

- Yes. I feel like I am mature enough and am capable of making important decisions for myself.

3. What do you think when people make decisions for you?

- My feelings towards others making decisions for me varies depending on the situation. For example, if I was at a restaurant and was deciding what I wanted and someone else ordered for me, it's not that big of a deal. However, if there's a big decision that needs making in my life, then I may take advice from others, but I would like to make that type of choice myself.

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

- The essential things in my life are my family and my friends. I can always get new possessions or find a new career, but I can't replace my family and friends if I lose those.

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

- I have not made any rash decisions that I think greatly affected my life in one way or another.

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

- I have decided to drive in the snow even though the weather was awful. It resulted in me sliding off the road. I was not injured, and nothing happened to my car; however, it was a terrifying moment, and I am now very cautious when driving in the snow.

7. What risks do you want to take now?

- I want to experience things like skydiving or bungee jumping. I know that there are things that can happen, but statistically, it is quite unlikely, and it would be a fun thing to experience.

8. What risks are you not willing to take?

- I am not willing to take risks that could knowingly end my life. For example, getting in the car with someone who is under the influence.

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

- I want to take the risk of skydiving or bungee jumping because I want to experience a lot of different things in my life. It would be exhilarating jumping from a plane just the same as it is when ziplining or riding a rollercoaster.

10. What frightens you about taking this risk?

- There is always something terrible that could happen. When skydiving, there's still the risk that your parachute could malfunction and not open. With bungee jumping, the bungee cord could break when you are going down, and while these are possibilities, they are unlikely, and I'm sure in most cases, they have some system in place in case this does

happen.

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.

- My subject said that he would choose the second option. He says, "why live if you have no quality of life."

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

- My subject stated, "I can unless my wife makes them for me."

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

- He stated, "It doesn't bother me. My wife makes a lot of decisions for me."

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

- He said, "my kids and my family."

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

- My subject said, "I fell off of a ladder, and it hurt me to where I couldn't play basketball anymore" He told how he was cleaning the gutters on his house and fell off of the ladder. He laid on the ground for 45 minutes before he was able to get up. He went to the doctor a while later and found out he had shattered the cartilage in his hip and needed a hip replacement. He enjoyed playing basketball, and after falling, it was no longer fun for him to do so, just painful.

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

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7. What risks do you want to take now?

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8. What risks are you not willing to take?

- "I'm not going to try and do things alone anymore. When I fell off the ladder, I was alone, and I could have been more hurt than I was with no one to help me."

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

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10. What frightens you about taking this risk?

- "When I fell off the ladder, I was alone and laid on the ground for 45 minutes before I was able to get up. If something like that were to happen again, I might not be able to get help if I was alone."

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

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- During the interview process, I used active listening, focusing, and summarising. I made sure that there wasn't a lot of background noise and gave him my full attention during the interview. I also made sure to summarise what he was telling me, so he knew I understood.

2) What went well?

- I feel like he knew he had my full attention during the interview, so he felt more comfortable talking to me.

3) What would I do differently next time?

- Next time I would have him go into more detail about the first few questions. At first, he was just answering what I asked, and I didn't push the subject much. After asking him about his risks, he was going more into detail.

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

- One thing I learned through this is that by giving them your full attention and using the aspects of therapeutic communication, you will be able to get more information out of your client.

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

- It is vital to make sure to remove other distractions by turning down the television and making sure you are in a more private area. In doing so, you let the client know that you want to listen to them.

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

- By carrying out this interview, I was able to practice aspects of therapeutic communication and see how they can truly work when you are dealing with an older adult client.