

Assessing My Personal Thoughts Prior to the Interview

1. The statement most important to me is, "I want to preserve a good quality of life even if this means I may not live too long."
2. As of right now, I do believe I have full autonomy for decision making. However, I am about to get married, so I think that may change. Although I don't believe my significant other would make me choose a certain way, I do believe his input would perhaps sway my decisions. I also think that he will have to have a say in some decisions that are made regarding different things like money.
3. When I was younger, I really did not appreciate when my parents would make decisions for me. In high school, I felt like I should have been able to make my own decisions, but often times my parents would make decisions for me. They continued to make decisions for me until I turned 18 and moved out. Since then, I've been allowed to make my own.
4. I view my family and friends as important to me. I view my soon to be daughter as important to me, as well.
5. In the past, I would say some risks I've taken would be drinking alcohol or vaping.
6. The risks I've taken in the past would be the same as mentioned above. I have had some nights where I had a little too much fun and drank too much. I would end up sick in the morning or that night. Although I didn't do it often, it still has affected me. It has made me not want to do that again, that's for sure.
7. I think I want to take different kinds of "risks" now. The kind of risks I want to take now are to benefit mine and my daughter's future. Things like going back to school after I graduate with my BSN or moving to another state.
8. I'm not willing to take any risks that will affect my long-term health.
9. I would explain that although it may be difficult and scary, the benefits far outweigh the risk. I would explain that it would better my future and the future of my family.
10. The thing that frightens me about taking the risks I mentioned above is the possibility of missing out on things. If I move away from my family, I fear I may not have as much contact with them or a good support system. If I continue going to school after graduating, I fear I will miss out on important parts of my daughter's life.

Conducting My Interview

1. The statement that was most important to my grandma was, "I want to preserve a good quality of life even if this means that I may not live too long."
2. "No, I am married so I believe my spouse should have some input in decision making."
3. "It depends on what the decision is. If I was not capable of making the decision, I think I would be okay with that."
4. "My spouse and my family. Those are all very important to me."
5. "Smoking, and not wanting to give it up."
6. "Smoking. I am sure I have a mild form of COPD."
7. "Every single day is a risk as far as I'm concerned. You never know what could happen, but I want to go up in a hot air balloon."
8. "Well, I suppose I don't want to go skydiving."
9. "Because I've never done it before, and I think it might be fun."

10. "In the back of my mind, I would think about the possibility of the balloon deflating and falling to the ground."

Self-Reflective Evaluation

1. During my interview with my grandma, I used a couple different therapeutic communication techniques. I engaged in active listening by allowing her to speak freely without interrupting her. I also asked tons of open-ended questions trying to get a good conversation flowing. Of course, being over Facetime made the interview slightly less personal than I would have liked.
2. I think the general conversation went well. She answered all my questions the best way that she knew how.
3. I think next time I would maybe explain the questions a bit better, and how I personally interpreted them. I would allow her to respond first, and then explain how I understood the question. Then I would see if she wanted to change how she responded to the question after hearing how I interpreted it.
4. I suppose my biggest takeaway from this assignment is that older adults tend to look at things pretty simply (or at least my grandma did). She did not think as in depth about the questions. Her risks were a lot more superficial than what I considered mine to be. I suppose that's the joy of having lived for a long time and experienced a lot of things.
5. I will be sure to actively listen to my older adult clients and hear their needs. I want to be able to provide a good relationship with these clients by giving them what they need to feel like they are fulfilling the things they need to in life.
6. I am building my nursing skills by learning to understand the unique needs of the older adult client.