

Assessing Your Personal Thoughts Prior To The Interview

1. I want to preserve a good quality of life even if this means that I may not live too long.
2. When people make decisions for me, I have a really hard time accepting it. I am very independent and have been on my own since I was 17 years old, so I struggle with family members trying to help me or make decisions for me.
3. I see family as being very important to me. My biggest blessing in life is having my son and being very close to my siblings.
4. The risks I'm taking now would be returning back to school at 30 years old. I'm currently not working full time as a single mom and homeowner. It was a very big decision for me to return to school.
5. I am not willing to take the risk of quitting school. There is no backup plan for me if I don't get through the program at Lakeview College of Nursing. I have a 10-year-old who depends on me and a mortgage to pay. To live a better life, I know I have to get through school to succeed.

Conducting Your Interview

Betty Young (Grandmother) 76 years old

1. I want to preserve a good quality life even if this means that I may not live too long.
2. How do you feel when people make decisions for you?

Answer: "Sometimes I feel the people making decisions for me are right. Society changes so often and as I've gotten older, I have learned to try and adjust to what is going on because the younger people do know more than I do on current situations.:"

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

Answer: "The most important thing to me is my family. I am very grateful for my friends, neighbors, grandkids and great grandkids as well. I sympathize will people who don't have such a strong support system."

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

Answer: "The biggest risk I have taken was the choice to take care of my husband when he got sick. Everyone told me I wouldn't be able to take care of him and I was his caregiver for seventeen years. Taking care of him do put stress on me and

I felt as though I could have done more when he passed away, but I would never change my decision.”

5. What risks are you not willing to take?

Answer: “I do not want to skydive. I do not want to travel on a plane. I really prefer to stay at home and to have friends and family run my errands for me.”

6. What risks do you want to take now?

Answer: “I do not want to take any risks. The only risk I can see myself being subjected to would be moving into an assisted living facility and not being able to stay in my home. I want to stay in my home as long as possible.”

Complete A Self-Evaluating After The Interview

1. The therapeutic communications I used during the interview active listening. I asked her questions and let her answer each one as open and honestly as she chose to be without any judgement. I wanted her to feel comfortable answering them as if we were not related.
2. I think my interview went very well. There were things about my grandmother that I had not thought to ask before about what risks she may have taken and what she isn't willing to do. I was well aware that she does not want to leave her home and as a family we have already discussed the other options to have her stay in her home instead of moving into a facility when that time comes.
3. The one thing I would differently in an interview would be to ask her more about the physical and mental strain of taking care of her husband took on her for those seventeen years.
4. After interviewing an older adult, I can see that some are more accepting about the way society is evolving compared to others. My grandmother is very open to the way society is changing and I believe that has a lot to do with her babysitting her grandkids and great grandkids. She always tells us we keep her young and in the know.
5. I can adapt my nursing practicing to be more responsive to an older adult client by just being patient and respecting their opinion and choices. They have lived in a different time than what I have an I need to respect that their opinions are going to be different. I want to keep in mind to be patient with them when it comes to their medications and answer any questions they may have about the medication and their side effects due to the way medicine has evolved over the years.
6. I am building my nursing career by working with people of the older adult generation and learning how to adapt to the differences we may have and to find a common ground. Since applying for nursing school I have wanted to work in palliative care or home health care and I really enjoy learning about the older adults. I enjoyed spending this time with

my grandmother and being able to interview as her health has recently started to decline. I am thankful for the opportunity to ask her these questions that I normally would not have asked her as she is not my patient and would not have asked her otherwise. I hope as long as we are able to we can keep her in her home and that one day we do not have to put her in a nursing home. I genuinely believe my close relationship with my grandma will give me the patience and caring attitude that is needed to work with other adults of the older generation. I want to care for each patient and listen to their needs as if they were my own grandparents.