

1. Which of these two statements is most important to you?
 - a. I want to live as long as possible, regardless of the quality of life that I experience.
 - b. **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?
 - a. I most definitely do and try to take power away from my parents all the time. One of the reasons why I made such a big move from California to Illinois.
3. How do you feel when people make decisions for you?
 - a. I'm not too fond of it, and it takes away from my independence. I think that even if it is not the best decision, I still learn and grow from it.
4. What do you see as important in your life?
 - a. I see my success in school, work, and my friendship's success.
5. What risks have you taken in the past that has affected your quality of life?
 - a. I snuck a cat into my dorm, she was a 4-week-year-old rescue, and I got fired from my job because the dean found out. Long story short, I would repeat that risk in a heartbeat because I love my baby Diesel to death.
6. What risks have you taken in the past, and how has this affected you?
 - a. Moving to Illinois was a chance for me because it has been challenging emotionally and academically.
7. What risks do you want to take now?
 - a. I currently want to take risks related to my future, like a business, networking, and putting myself out there.
8. What risks are you not willing to take?
 - a. Let someone drive my car because my car is honestly my lifeline. I live by myself and do not have any family around to help me if it gets wrecked.
9. How would you explain to the people who love you why you want to take this risk?
 - a. I do not want to work as a nurse for the rest of my life and would like to travel and give to others who need it.
10. What frightens you about taking this risk?
 - a. That someone would rip me off or betray me in my business, like a worker or partner. I have so much love and energy to give and put into my work to hurt me.

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 - a. I want to live as long as possible, regardless of the quality of life that I experience.
 - b. **I want to preserve a good quality of life even if this means that I may not live too long**
2. Why live a long life if it is not of quality? You do not want to be a burden to anyone else. What does quality mean? Quality means they are independent.
3. Do you feel you have full autonomy for decision making?
 - a. Yes, because full mental capacity to make the decisions I make every day
4. How do you feel when people make decisions for you?

- a. I feel as if someone is putting me down, that they see me as inferior. And I don't like that (I can make decisions for my kids!)
- 5. What do you see as important in your life?
 - a. My children's success is my success, but most of all, my spirituality because for me to survive, god is playing a part in taking care of me.
- 6. What risks have you taken in the past that has affected your quality of life?
 - a. Buying things that I can't afford
 - b. Now she is in debt
 - c. Dilapidated by weather, termites, and renters. Renovated it for 40,000 and got 70,000 back
- 7. What risks do you want to make now?
 - a. Investing and starting a business
 - b. What kind?
 - i. Hospitality
- 8. What risks are you not willing to take?
 - a. Cosigning
- 9. How would you explain to the people who love you why you want to take this risk?
 - a. I'm trying not to be a financial burden in my retirement because I know no one wants to financially responsible for a parent
 - b. I might still ask for money because it doesn't matter lol
- 10. What frightens you about taking this risk?
 - a. In Zimbabwe, she is worried about the economy because she might lose the money she puts down.

- 1. What therapeutic communication techniques did you use during the interview? Provide examples
 - a. Exploring - My interviewee continuously used one-worded answers in response to my questions.
 - b. Encouraging comparison - I thought it would be best to somehow relate my experience to theirs.
 - c. Summarizing – I just wanted to make sure that they knew I heard them and understood what they were saying.
- 2. What went well?
 - a. All three of the techniques went very well. The interviewee was very responsive and gave me more information instead of shutting down.
- 3. What would I do differently next time?
 - a. I would probably probe a bit more; I was very conscious of not crossing over any boundaries that they weren't comfortable with.
- 4. What are the major take-home lessons after interviewing an older adult?
 - a. I think they care a lot about the quality of life and living. They want to live their best lives as they did when they were younger.
- 5. How can I adapt my nursing practice to be more responsive to the unique needs of an older adult client?

- a. I would ask questions about what makes them more comfortable and what they would like to see or hear. There is no way I could know besides someone with experience telling me.
- 6. In what way am I building my nursing skills?
 - a. I am continuously learning how to use therapeutic communication; it is always going to be a work in progress. I think that is what nursing skills are, a work in progress.