

NC Department of Health and Human Services NC Nurse Aide I Curriculum

Module S Psychological Effects of Aging

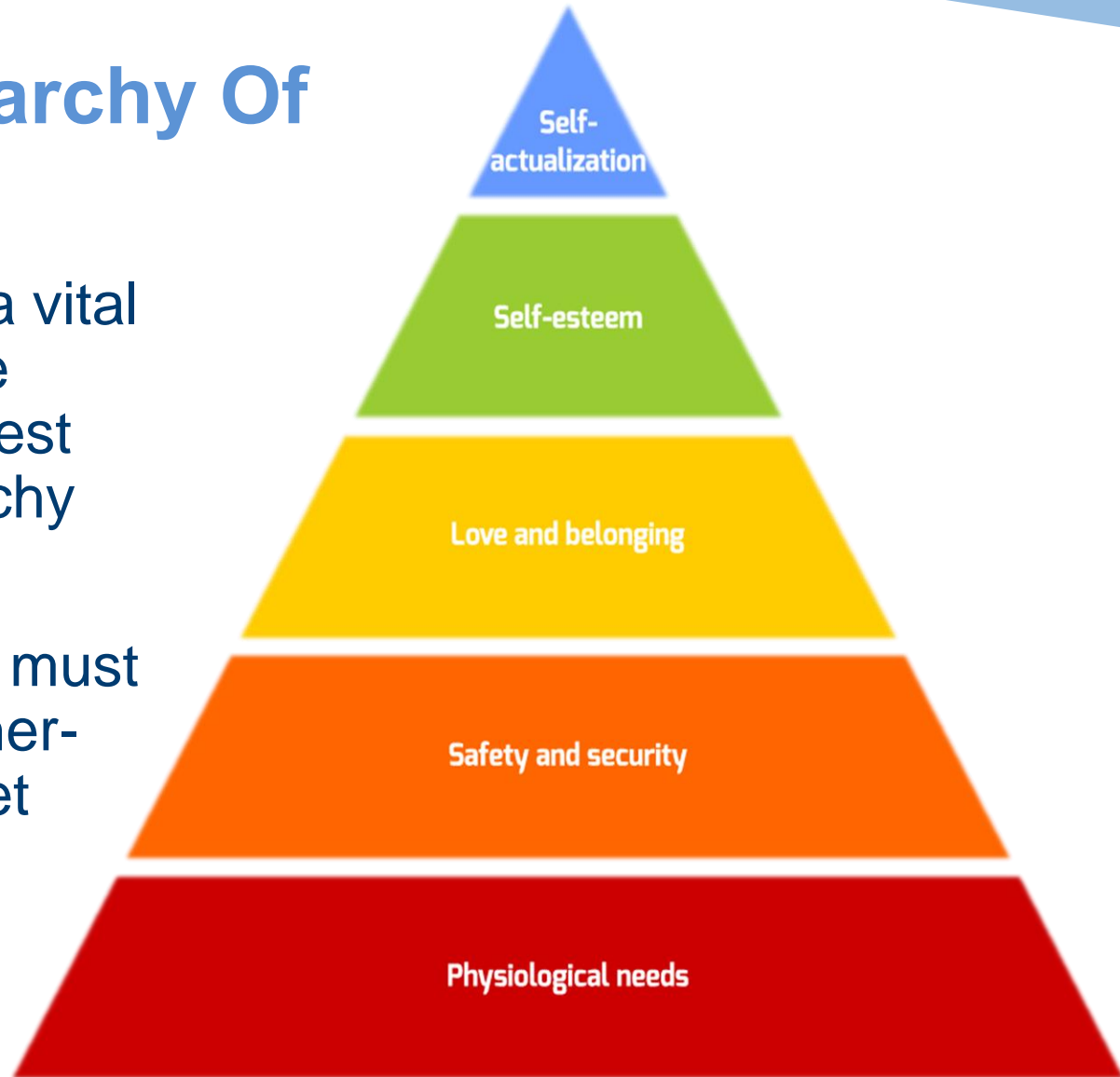
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Objectives

1. Review the nurse aide's role in meeting the basic needs of the resident
2. Describe the psychological effects of aging
3. Describe common feelings and behaviors of older adults moving into a skilled nursing facility
4. Describe the nurse aide's role in caring for residents moving into a short-term or long-term facility

Maslow's Hierarchy Of Needs

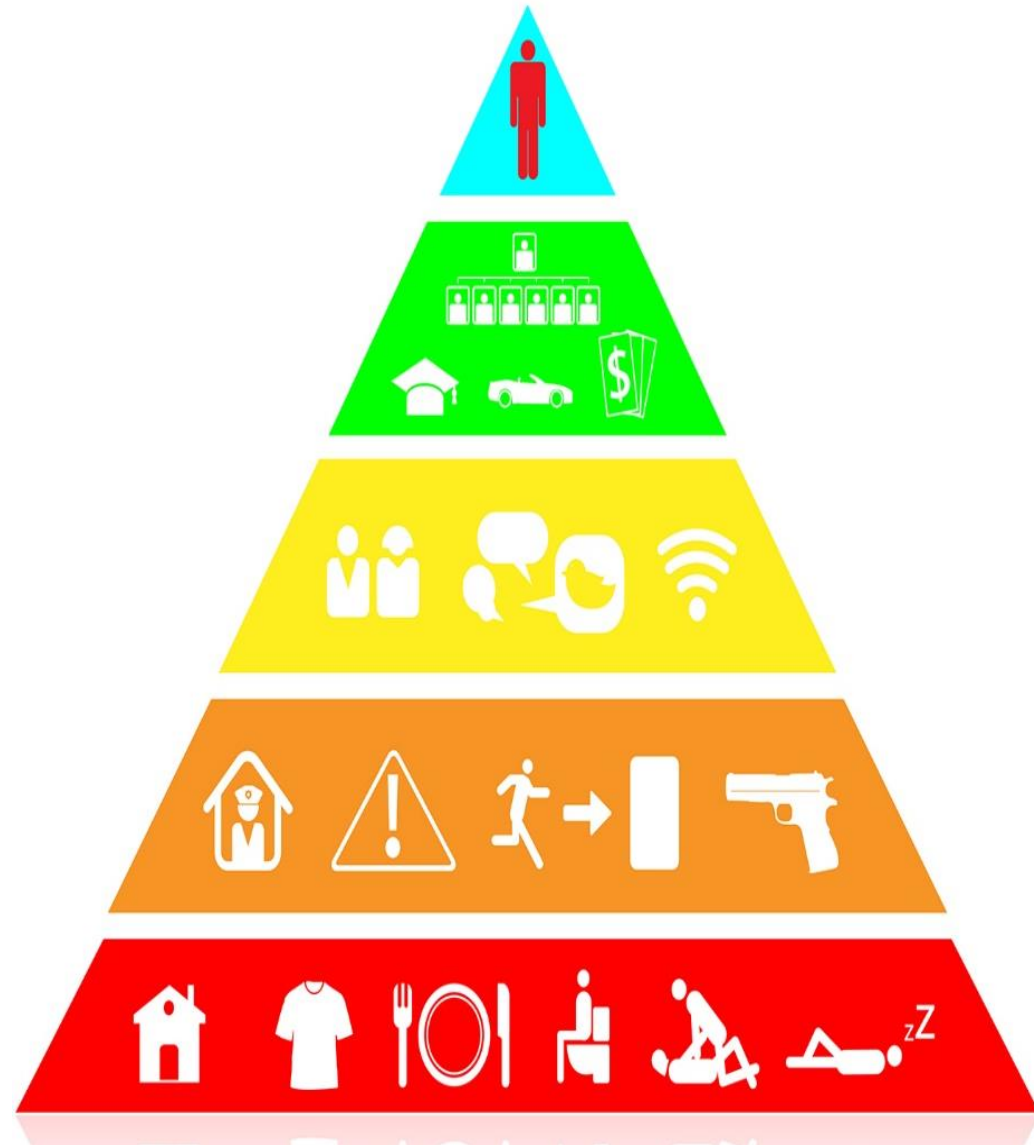
- The nurse aide is a vital link in assisting the resident at the lowest level on the hierarchy
- Lower-level needs must be met before higher-level needs are met



Basic Human Needs

Physiological/Physical,
Safety and Security

- Oxygen
- Food and Water
- Shelter and Sleep
- Elimination and Activity
- Intimacy
- Resources for safety and security



Psychological Needs

Love and Belonging, and Self- Esteem

- Friendship
- Social acceptance
- Value, worth, or opinion of self
- Being well thought of by others
- Seeing oneself as useful
- Closeness
- Sense of belonging



Self-Actualization Needs

Self-actualization may be difficult for older adult to achieve due to unmet:

- Physical needs
- Security needs
- Love and affection needs
- Self-esteem needs



Psychological Effects of Aging

Exploration of

- Feelings
- Emotional stress
- Physical adjustments
- Psychosocial needs
- Psychological adjustments



Developmental Tasks of Aging

Late adulthood tasks include:

- Adjustment to retirement, potential reduced income, death of friends, death of spouse, physical changes, loss of independence
- Creating new friendships and relationships
- Loss of vitality
- Integrating life experiences
- Preparation for one's demise



Developmental Issues of Aging

- Amount and cost of care
- Nutritional needs
- Relationships
- Location of support system
- Medical care needs
- Changes in lifestyle
- Long-term care decisions



The Place I Call Home



The Home of an Older Adult

To an older adult, a home may represent:

- Independence
- A link to the past
- A part of his/her identity
- The center for family gatherings
- A connection to the neighborhood
- Symbol of position in the community
- A place to maintain autonomy and control

Relocation from the Home

Why might older adults relocate from their homes?

- Decrease in finances
- Decline in physical or mental state
- Inability to manage the home
- Lack of social support
- Increasingly unsafe neighborhood

Relocation from the Home

An older adult's reaction to relocation depends upon:

- Degree of choice
- Degree of preparedness
- Degree of sameness of new location
- Degree of predictability
- Number of additional losses



Admission to a Skilled Nursing Facility

- How might an older adult feel upon a sudden admission to a skilled nursing facility?
 - Stress, sense of loss, fear, isolation, confusion, being out of control
 - A sense of relief after the move
 - Transitioning of one phase of life and beginning of next phase
- What can the nurse aide do to individualize the admission process?
 - Identify how to address the resident
 - Provide explanation of routines and procedures
 - Introduce resident to staff and other residents

Life in a Skilled Nursing Facility

The resident's room and the environment

- Limited for personal belongings
- Reduced in size
- Lack of privacy
- Little to no space for storage
- Fixed routines and schedules



Adapting to Life in a Skilled Nursing Facility

- Resident may live in a shared bedroom with no choice and no control
- Personal routines may conflict with facility schedules
- Cognitively impaired residents may reside with cognitively intact residents
- Residents may be frightened



Adapting to Long Term Care

A cognitively intact older adult may initially adapt to life in a facility by becoming depressed or uncooperative. Others may be determined to make the most of the move.



Psychological Effects and Coping

A common response to sudden placement into a facility is often viewed as poor adjustment



Staff may unfairly and prematurely label the resident as difficult or a troublemaker

Caring for a Skilled Nursing Home Resident

Assist older adult to personalize space

Provide privacy and respect for personal space

Provide emotional support

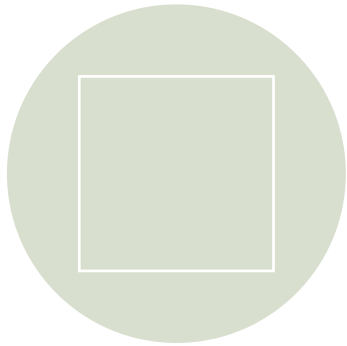
Provide person-centered care based on preferences and choices

Be consistent and supportive

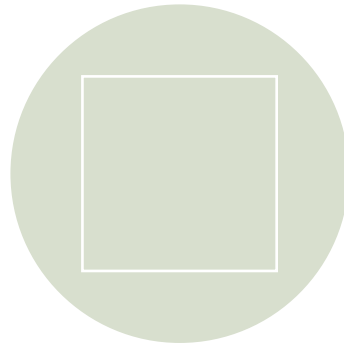
Caring for the Developmentally Delayed Resident

Treat	with respect and dignity
Praise	positive learned behaviors
Avoid	acting as parent
Build	self-esteem

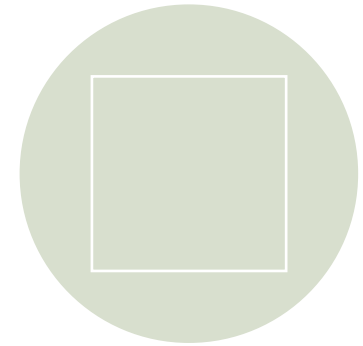
Caring for the Depressed Resident



**RECOGNIZE
POTENTIAL
CAUSE OR
TRIGGERS**



**RECOGNIZE
SIGNS AND
SYMPTOMS**



**RECOGNIZE
DEFENSE
MECHANISMS**

Caring for the Stressed Resident

Listen to concerns

Observe and report

Treat with dignity

Attempt to understand

Be honest trustworthy

Never argue

Attempt to locate source

Support efforts to deal with stress

Caring for the Demanding Resident

- Attempt to discover factors responsible for behaviors
- Display a caring attitude
- Listen to verbal and nonverbal messages
- Give consistent care
- Spend time with resident
- Agree to return at a specific time and keep promise

Caring for the Agitated Resident

- Encourage the resident express feelings verbally
- Remind resident of past accomplishments
- Encouraged the resident to ask questions
- Encourage activities that promote self-esteem
- Observe for safety concerns
- Assign small tasks
- Use reality orientation

Caring for the Paranoid Resident

Reassure	resident of safe environment
Realize	behavior is based on fear
Avoid	agreeing or disagreeing with comments
Provide	a calm environment
Involve	in one-on-one activities

Caring for the Combative Resident

Display	a calm demeanor
Avoid	touching the resident
Provide	privacy for a resident displaying safety concerns
Secure	help if necessary
Do not	ignore threats
Protect	self from harm
Listen	to verbal aggression without argument

Omnibus Budget Reconciliation Act (OBRA)

- The federal regulation of skilled nursing facilities focuses on quality of life for residents and emphasizes their individual rights as residents
- Because of OBRA, short, and long-term care residents are more empowered and have a greater say in their own quality of life

Psychological Changes and the Aging Adult



The End